




Morningstar Garden Vegetarian Burgers, Cooked, Frozen, 3.5 Ounce, 16 Ct Bag, 4/Case

Item Number: 815690 



These veggie burgers are made from a blend of seven vegetables, including mushrooms, water chestnuts, onions, carrots, green and red bell peppers, and black olives. Offering a savory patty with 70 percent less fat than traditional beef patties, these burgers can be used in a variety of applications.

- Fully cooked to reduce labor and preparation time

4/Case

\$48.77
\$0.76/ea

QTY

Nutrition

Based On:

Rounding:

Ingredients

For ingredient or allergen information, please contact: Ada Valley Meat Co., phone: (616)676-0767. web page: www.adavalley.com
Please reference manufacturer number: 28989-30840. Nutrition updated August 2013. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 1 each (100g)	
Amount Per Serving	
Calories 150	Calories From Fat 45
% Daily Value *	
Fat 5g	8%
Saturated Fat1g	5%
Trans Fat0g	
PolyUnsat. Fat4g	n/a
MonoUnsat Fat2g	n/a
Cholesterol 0mg	n/a
Sodium 650mg	27%
Potassium 250mg	7%
Carbohydrates 10g	3%
Fiber4g	16%
Sugar2g	
Protein 18g	36%
Vitamin A IU 2% Vitamin C 0% Calcium 10% Iron 8%	
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	100 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	100 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

Additional Images

MorningStar Farms® Garden Veggie Patties®

Nutrition Facts	
Serving Size	1 Pattie (67g)
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polysaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Potassium 180mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 10g	19%
Vitamin A 4%	Vitamin C 0%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: VEGETABLES (MUSH-ROOMS, WATER CHESTNUTS, ONIONS, CARROTS, GREEN BELL PEPPERS, RED BELL PEPPERS, BLACK OLIVES), TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, WHEAT GLUTEN, WATER FOR HYDRATION), EGG WHITES, COOKED BROWN RICE (WATER, BROWN RICE), ROLLED OATS, CORN OIL, CALCIUM CASEINATE, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT), CONTAINS TWO PERCENT OR LESS OF ONION POWDER, CORNSTARCH, SALT, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY AND WHEAT), AUTOLYZED YEAST EXTRACT, NATURAL FLAVORS FROM NON-MEAT SOURCES, SUGAR, SOY PROTEIN ISOLATE, SPICES, GARLIC POWDER, DEXTROSE, JALAPEÑO PEPPER POWDER, CELERY EXTRACT.	
CONTAINS SOY, WHEAT, EGG AND MILK INGREDIENTS.	

NLI#06931