

Gardenburger® Black Bean Burger

Nutrition Facts

Serving Size	1 Patty (96g)
Amount Per Serving	
Calories	110
Calories from Fat	20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 780mg	33%
Potassium 310mg	9%
Total Carbohydrate 16g	5%
Dietary Fiber 7g	28%
Sugars 1g	
Protein 11g	
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Iron	10%

*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, COOKED BLACK BEANS (WATER, BLACK BEANS, SALT), COOKED BROWN RICE (BROWN RICE, WATER), SOY PROTEIN CONCENTRATE, ONIONS, WHOLE KERNEL CORN, BULGUR WHEAT WITH WATER FOR HYDRATION, SOY PROTEIN ISOLATE, GREEN CHILES, MID-OLEIC CANOLA OIL, SALT, CONTAINS TWO PERCENT OR LESS OF SPICES, RED BELL PEPPERS, MODIFIED VEGETABLE GUM, YEAST EXTRACT, SUGAR, ONION POWDER, TOMATO POWDER, NATURAL FLAVOR, GARLIC POWDER, PAPRIKA (FOR COLOR), TURMERIC COLOR, CARAMEL COLOR.

VEGAN

Black Bean
Burger