

Morningstar Farms® Spicy Black Bean Burgers

Veggie Burgers

Product Type

MSF Veggie Burgers

Product Category

UPC Code

2898997765

Servings/Case

0

Sizes

3.25 oz

Format

Bulk

Gross Weight

10.40

Allergen Information

CONTAINS SOY, WHEAT, EGG AND MILK INGREDIENTS.

Dietary Exchange Per Serving

2 Lean Meat, 1 Carbohydrate

Kosher Status

Kosher Dairy

Grain Ounce Equivalents

Shelf Life

548 days (18 months)

Country of Origin

Distributed in USA



Date Printed: 02/12/2015

MORNINGSTAR FARMS® VEGGIE BURGERS
 SPICY BLACK BEAN BURGER (FAFH)
 28989-97765; NLI# 09385

Nutrition Facts	
Serving Size	1 Burger (93g)
Servings Per Container	48
Amount Per Serving	
Calories 160	Calories from Fat 50
%Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Potassium 360mg	10%
Total Carbohydrate 18g	6%
Dietary Fiber 6g	22%
Sugars 2g	
Protein 14g	19%
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• 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:	

	Values	2,000	2,300
Total Fat	Less than	65g	80g
Saturated 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
Protein		50g	65g

INGREDIENTS: WATER, COOKED BLACK BEANS (BLACK BEANS, WATER), COOKED BROWN RICE (WATER, BROWN RICE), ONION, WHOLE KERNEL CORN, CORN OIL, SOY PROTEIN CONCENTRATE, WHEAT GLUTEN, EGG WHITES, DICED TOMATOES, BULGUR WHEAT, GREEN CHILES, CALCIUM CASEINATE, CORNSTARCH, CONTAINS TWO PERCENT OR LESS OF ONION POWDER, SPICES, TOMATO JUICE, YEAST EXTRACT, TOMATO POWDER, DEXTROSE, SALT, GARLIC POWDER, HYDROLYZED VEGETABLE PROTEIN (CORN GLUTEN, WHEAT GLUTEN, SOY PROTEIN), SOY SAUCE (SOYBEANS, WHEAT, SALT), NATURAL AND ARTIFICIAL FLAVORS, PAPRIKA, JALAPENO PEPPER, CITRIC ACID, XANTHAM GUM, DISODIUM INOSINATE, THIAMIN HYDROCHLORIDE, CARAMEL COLOR, LACTIC AICD.

CONTAINS SOY, WHEAT, EGG, AND MILK INGREDIENTS.