

Veggie Burger

Nutrition Facts

Serving Size 1 Sandwich (139g)

Servings Per Container 1

Amount Per Serving

Calories 240 **Calories From Fat** 36

		% Daily Value*
Total Fat	4g	6%
Saturated Fat	<1g	0%
Trans Fat	<1 g	0%
Cholesterol	<1g	0%
Sodium	620mg	26%
Total Carbohydrate	38g	13%
Dietary Fiber	6g	24%
Sugars	4g	

Protein 16g

Vitamin A 0% ● Vitamin C 0%

Calcium 4% ● Iron 8%

*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	

Ingredients: Veggie Burger (Soy Protein Concentrate, Mushrooms, Rolled Oats, Onions, Broccoli, Bell Peppers, Carrots, Cooked Barley, Water Chestnuts, Cooked Triticale, Cooked Wheat, Isolated Soy Protein, Salt, Bulgur Wheat, Vegetable Gum, Water, Canola Oil, Wheat Fiber, Dried Garlic, Mustard Seed, Dried Onion, Autolyzed Yeast Extract, Spices, Distilled Vinegar, Natural Flavor, Sugar, Malted Barley, Annatto, Corn Starch, Garlic, White Wine); Hamburger Buns (Enriched Wheat Flour, Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Salt, Wheat Gluten, Calcium Propionate, Mono- and Diglycerides, Sodium Stearoyl Lactylate, Monocalcium Phosphate, Grain Vinegar, Calcium Sulfate, Soy Lecithin, Sesame Seeds).

Allergy Information: Wheat, Soybeans