

# Black Bean Burger

<b>Nutrition Facts</b>	
Serving Size: 1/4 Cup (34g) Dry	
Servings Per Container: 38	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 460mg</b>	<b>19%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 2g	
<b>Protein 5g</b>	
<b>Vitamin A 4%</b>	<b>Vitamin C 8%</b>
<b>Calcium 4%</b>	<b>Iron 8%</b>
*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 • Carbs 4 • Protein 4	

SERVINGS	BLACK BEAN BURGER MIX	WARM WATER
4	1 Cup	3/4 Cup
8	2 Cups	1 1/2 Cup
12	3 Cups	2 1/4 Cup

**DIRECTIONS:**

1. Remove oxygen absorber and discard.
2. Thoroughly stir Black Bean Burger mix into warm water.
3. Let stand for 10 to 15 minutes.
4. Form into patties.
5. Place each patty on lightly oiled grill (375°F) to 3 to 4 minutes per side or until golden brown.

**INGREDIENTS:** Black bean flakes (black beans, salt), instant long grain white rice, gluten free quick oats, yellow pea powder, corn starch, onions, tomato flakes, sea salt, chili powder (chili pepper, spices, salt, garlic, silicon dioxide, ethoxyquin), guar gum, garlic powder, onion powder, cumin, natural flavoring, xanthan gum, oregano, cayenne (ground red pepper, silicon dioxide, ethoxyquin).

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