

Black Bean Burger

Nutrition Facts

215 servings per container
Serving size 1/4 Cup (34g) Dry
 (about 1 Patty prepared)

Amount per serving	
Calories 120	
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 460mg	20%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes Og Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 302mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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) for 3 to 4 minutes per side.

INGREDIENTS: Black bean flakes (black beans, salt), instant long grain white rice, gluten-free quick rolled 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).