

NUTRITIONAL FACTS

REAL FOR REAL CUISINE BY SHANNON BEADOR

4-oz Veggie Burgers

Nutrition Facts		Classic Veggie Burger		BBQ Veggie Burger		Real California Veggie Burger	
servings per container		6		6		6	
Serving size 1 Burger		(113g)		(125g)		(113g)	
Amount per serving							
Calories		170		200		260	
		% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat	5g	6%	6g	8%	13g	17%	
Saturated Fat	0g	0%	1.5g	8%	1.5g	8%	
Trans Fat	0g		0g		0g		
Cholesterol	0mg	0%	0mg	0%	0mg	0%	
Sodium	670mg	29%	740mg	32%	420mg	18%	
Total Carbohydrate	22g	8%	26g	9%	24g	9%	
Dietary Fiber	4g	14%	6g	21%	5g	18%	
Total Sugars	4g		7g		3g		
Includes Added Sugars	0g	0%	0g	0%	0g	0%	
Protein	11g		12g		15g		
	Vitamin D	0mcg	0%	0mcg	0%	0mcg	0%
	Calcium	58mg	4%	72mg	6%	91mg	8%
	Iron	2mg	10%	3mg	15%	3mg	15%
	Potassium	415mg	8%	452mg	10%	366mg	8%

Preparation: For best results, cook from frozen. For safety purposes, product must be cooked to an internal temperature of 165°F as measured by a food thermometer. Cooking times and oven temperatures may vary, adjust accordingly. MICROWAVE OVEN: Remove from bag & place burgers on a microwave safe plate. Microwave on high for 45 seconds. Turn burger over. Microwave for an additional 45 seconds. Increase the time if cooking more than one burger. Wait 1 minute before consuming. GRILL: Pre-heat grill to medium heat. Remove burgers from bag and place burgers on grill. Cook for 2-3 minutes. Turn burgers over and cook for an additional 2-3 minutes. CONVENTIONAL OVEN: Pre-heat oven to 400°F. Remove burgers from bag and place burgers on a baking tray and cook for 15-18 minutes. CONVECTION OVEN: Pre-heat oven to 375°F. Remove burgers from bag and place burgers on a baking tray and cook for 10-12 minutes.

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Classic Veggie Burger

Nutrition Facts

15 servings per container

Serving size 1 Burger (113g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 660mg 29%

Total Carbohydrate 22g 8%

Dietary Fiber 4g 14%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 11g

Vitamin D 0mcg 0%

Calcium 57mg 4%

Iron 2mg 10%

Potassium 418mg 8%

*The % Daily Value 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.

INGREDIENTS: Mixed Vegetables (Green Peas, Corn, Diced Carrots, and Green Beans [Contains a Trace Amount of Salt]), Water, Textured Soy Flour, Carrots, Gluten Free Batter (Yellow Corn Flour, Rice Flour, Corn Starch, Sea Salt, Cream of Tartar, Sodium Bicarbonate, Garlic Powder, Onion Powder, Expeller Pressed Canola Oil, Xanthan Gum, Spices), Onion, Brown Rice, Soy Protein Concentrate, Salt, Rice Starch, Potato Starch, Corn Flour, Onion Powder, Garlic Powder, Soy Flour, White Pepper.
Fried in Non-GMO Canola Oil
CONTAINS: Soy.

NUTRITIONAL FACTS

REAL FOR REAL CUISINE BY SHANNON BEADOR

BBQ Veggie Burger

Nutrition Facts	
15 servings per container	
Serving size	1 Burger (125g)
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 740mg	32%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	21%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 3mg	15%
Potassium 454mg	10%
<small>*The % Daily Value 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.</small>	

BBQ Veggie Burger:

INGREDIENTS: Mixed Vegetables (Green Peas, Corn, Diced Carrots, And Green Beans [Contains A Trace Amount Of Salt]), Water, Black Beans (Black Beans, Water, Salt), Textured Soy Flour, Carrots, Gluten Free Batter (Yellow Corn Flour, Rice Flour, Corn Starch, Sea Salt, Cream Of Tartar, Sodium Bicarbonate, Garlic Powder, Onion Powder, Expeller Pressed Canola Oil, Xanthan Gum, Spices), Corn, Barbeque Sauce (High Fructose Corn Syrup, Tomato Paste, Distilled & Cider Vinegar, Corn Syrup, Water, Brown Sugar, Molasses, Modified Food Starch, Salt, Spices, Dehydrated Onion, Dehydrated Garlic, Natural Smoke Flavor, Citric Acid, Sodium Benzoate [A Preservative]), Soy Protein Concentrate, Onion, Anaheim Peppers, Chipotle Peppers In Adobo Sauce (Chipotle Peppers, Tomato Puree, Onions, Vinegar, Canola Oil, Sugar, Salt, Paprika, Garlic), Cooked Brown Rice, Palm Margarine Natural Flavor (Palm Oil, Palm Fractions, Water, Salt, Emulsifiers [Sunflower Lecithin, Distilled Monoglycerides], Natural Butter Flavor, Citric Acid, Antioxidant [Mixed Tocopherol], Vitamin A And Colouring [Beta-Carotene]), Red Bell Pepper, Salt, Light Brown Sugar, Rice Starch, Potato Starch, Chili Powder (Ground Chili Pepper, Ground Cumin, Ground Oregano, Garlic Powder, Salt), Corn Flour, Cumin, Paprika, Onion Powder, Garlic Powder, Oregano, Soy Flour, White Pepper. Fried in Non-GMO Canola Oil.

CONTAINS: Soy.

NUTRITIONAL FACTS

REAL FOR REAL CUISINE BY SHANNON BEADOR

Real California Veggie Burger

Nutrition Facts	
15 servings per container	
Serving size	1 Burger (113g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 24g	9%
Dietary Fiber 5g	18%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 3mg	15%
Potassium 372mg	8%
<small>*The % Daily Value 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.</small>	

INGREDIENTS: Mixed Vegetables (Green Peas, Corn, Diced Carrots, And Green Beans [Contains A Trace Amount Of Salt]), Water, Soy Beans, Textured Soy Flour, Artichokes (Artichoke Hearts, Water, Salt, Citric Acid, Ascorbic Acid), Avocado (Avocado, Ascorbic Acid [to maintain natural color], Sodium Acid Sulfate), Carrots, Gluten Free Batter (Yellow Corn Flour, Rice Flour, Corn Starch, Sea Salt, Cream Of Tartar, Sodium Bicarbonate, Garlic Powder, Onion Powder, Expeller Pressed Canola Oil, Xanthan Gum, Spices), Rolled Oats, Sunflower Seeds, Onion, Soy Protein Concentrate, Mayonnaise (Soybean Oil, Whole Eggs, Vinegar, Water, Egg Yolks, Salt, Dextrose, Sugar, Lemon Juice, Calcium Disodium EDTA [used To protect quality], Natural Flavors), Brown Rice, Jalapeno Peppers (Jalapeno Peppers, Water, Vinegar, Salt And Calcium Chloride), Roasted Garlic, Cilantro, Salt, Lime Juice (Water, Lime Juice Concentrate, 1/35th Of 1% Each Sodium Benzoate And Sodium Bisulfite [Preservatives], Lime Oil), Rice Starch, Potato Starch, Green Pepper, Corn Flour, Parsley, Sweet Pickle Relish (Cucumbers, High Fructose Corn Syrup, Distilled Vinegar, Water, Natural Spices And Seasonings, Xanthan Gum, 1/10 Of 1% Sodium Benzoate As A Preservative, Natural Flavors, Turmeric [Coloring]), Red Bell Pepper, Green Onions, Capers (Capers, Water, Vinegar, Salt), Onion Powder, Garlic Powder, Soy Flour, Dijon Mustard (Vinegar, Whole Mustard Seed, Water, Salt, White Wine, Spices, Citric Acid, Potassium Bisulfite), White Pepper, Black Pepper. Fried in Non-GMO Canola Oil.

CONTAINS: Eggs and Soy.