

# Black Bean Quinoa Burger (Vegan/Gluten Free) 4oz

## INGREDIENTS

Cooked Black Beans (Black Beans, Water), Cooked Tri-Color Quinoa (Quinoa, Water), Water, Red Peppers, Roasted Corn, Expeller Pressed Canola Oil, Potato Flakes, Soy Flour, Onions, Arrowroot Powder, Masa Flour (Corn Flour, Lime), Sea Salt, Jalapeño Peppers, Cilantro, Roasted Garlic, Chili Powder (Chili Pepper, Salt, Garlic, Cumin, Spices), Lime Powder, Tomato Paste, Chipotle Chile Pepper Powder  
**CONTAINS:** Soy



## STORAGE / SHELF LIFE

24 months from date of production when stored frozen at 0°F/-18°C or below.  
Cook from frozen.

## PREPARATION

**KEEP FROZEN PRIOR TO USE.** For food safety cook to an internal temperature of 165°F. **Flat Top Grill (Preferred Method):** Preheat grill to 350°F. If the grill is not a non-stick surface, please coat grill with a liberal coating of pan release. Place frozen burgers on grill and cook until heated through and well browned, flipping as necessary (approximately 8 minutes). **Convection Oven:** Preheat oven to bake at 450°F. Place frozen product on ungreased baking pan. Bake approximately 8 minutes until browned. Carefully flip and bake an additional 7 minutes until heated through and well browned.

## Nutrition Facts

About 40 servings per container  
**Serving Size 1 Burger (113g)**

Amount per serving	
<b>Calories</b>	<b>210</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 9g	<b>11%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 560mg	<b>24%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 14g	<b>50%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 430mg	10%

\*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.

## PACKAGING SPECS

UPC	080868010366
Case Pack	40/4oz
Allowable Case Defect	Less than 5%
Case Net Weight	10 lbs
Gross Weight	11 lbs
Case Dimensions	12.94" x 8.55" x 5.2"
Case Cube (cubic feet)	.3344
Pallet Ti/Hi	16/11
GTIN	00080868010366
Country of Origin	USA

**Dr. Praeger's**  
PURELY SENSIBLE FOODS

**Black Bean Quinoa Veggie Burger 4oz**

**VBINBB-4**

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**Best if used by:**  
**DEC-20-2020**

**Contains: SOY**

**10 lbs (4.54kg)**

**Lot # W18CA-01B**

**Dr. Praeger's Sensible Foods,**  
Elmwood Park, NJ 07407,  
Made in USA, EU# 3001237875

**Keep Frozen 0°F/-18°C**

