

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	
Calories	210
	% Daily Value*
Total Fat 9g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 25g	9%
Dietary Fiber 14g	50%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 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 (by weight)	40/4oz
Case Net Weight	10 lbs
Gross Weight	11 lbs
Case Dimensions	12.81" x 8.31" x 5.12"
Case Cube (cubic feet)	.3344
Pallet Ti/Hi	16/11
GTIN	(01)0080868010366
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

UPC: (01) 0 0080868 01036 6

