

Black Bean & Salsa Veggie Burger (V) Food Service Collection



Ingredients: Filtered water, soy protein concentrate, carrots, broccoli, red & green peppers, potato, cabbage, parsley, onion, canola oil, isolated soy protein, natural flavors, methylcellulose, malt extract, salt, dried onion, dried garlic, black pepper, spices, tamari sauce, black beans, tomatoes, chipotle chilies, cilantro. ALLERGENS: Contains Soy, Wheat

Cooking Guidelines:

Oven: Bake frozen patties at 400° F for 14 to 16 minutes.

Skillet-Stove Top: Place frozen patties on non-stick skillet or grill. Cook over medium heat for approximately 4 minutes on each side.

Microwave: Place frozen patties on microwavable dish. Heat on high for approximately 2 minutes. (Microwave times may vary).

Deep fryer: Fry in basket 2.5 minutes until fully heated.

NOTE: Product should always be cooked to minimum internal temperature of 165° F. Keep Frozen.

Nutritional Values are calculated from USDA Nutrient Database, supplier information, and/or analysis.





| servings per container | | 36 | 48 | |
|------------------------|-------|-------------|---------|------------|
| Serving size 1 | patty | (142g) | 1 patty | (99g) |
| | | Per serving | P | er serving |
| Calories | 1 | 80 | 1, | 30 |
| | | % DV* | | % DV* |
| Total Fat | 5g | 6% | 4g | 5% |
| Saturated Fat | 0g | 0% | 0g | 0% |
| Trans Fat | 0g | | 0g | |
| Cholesterol | 0mg | 0% | 0mg | 0% |
| Sodium | 470mg | 20% | 330mg | 14% |
| Total Carb. | 17g | 6% | 12g | 4% |
| Dietary Fiber | 10g | 36% | 7g | 25% |
| Total Sugars | 5g | | 4g | |
| Incl. Added Sugars | 0g | 0% | 0g | 0% |
| Protein | 18g | | 13g | |
| Vitamin D | 0mcg | 0% | 0mcg | 0% |
| Calcium | 133mg | 10% | 83mg | 6% |
| Iron | 4mg | 20% | 3mg | 15% |
| Potassium | 821mg | 15% | 572mg | 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.

Pack: 36/5.0 oz Gross weight: 12.50 lbs Item #: BBS\050 LxWxH: 13.75" x 9.63" x 4.5" Ti/Hi: 12x12

Pack: 48/3.5 oz Gross weight: 11.75 lbs Item #: BBS\035 LxWxH: 13.75" x 9.63" x 4.5" Ti/Hi: 12x12

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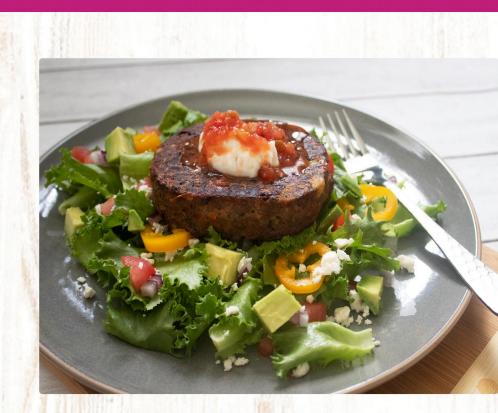


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Serving Suggestions

From a classic burger on a bun to a lettuce wrap, Franklin Farms Veggie Burgers are great for lunch or dinner!

Enjoy with a variety of toppings and sauces!



Recipe

Black Bean & Salsa Veggie Burger Taco Salad

Ingredients:

Black Bean & Salsa Veggie Burger, Lettuce, Tomato, Red Onion, Yellow Pepper, Avocado, Queso Fresco Cheese, Sour Cream, Salsa

Directions:

Prepare veggie burger according to supplier directions. While the veggie burger is cooking, dice 1 roma tomato, $1\setminus4$ of a red onion, $1\setminus2$ of a yellow pepper and $1\setminus2$ of an avocado and set aside.

Plate the salad by adding lettuce on the bottom followed by 1\4 cup of black beans, tomatoes, onions, avocado and a sprinkle of queso fresco cheese.

Top with the Black Bean & Salsa Veggie Burger and a spoonful of sour cream and fresh salsa. Enjoy!