



Loaded with healthy eating! Roasted sweet and tangy beets mixed with the nutrient richness of kale and lentils.

Ingredients: Red Beets, Brown Rice, Chickpeas, Lentils, Carrots, Raisins, Spinach, Capers, Balsamic Vinegar, Brown Sugar, Potato Starch, Kale, Canola Oil, Onion, Sea Salt, Methylcellulose, Spices. **ALLERGENS:** None

Cooking Guidelines:

Microwave: Place one frozen patty on microwaveable dish. Cook on “high” for 1 minute 45 seconds. (Microwave times may vary).

Conventional Oven: Preheat oven to 400°F. Bake frozen patties at 400° for 9-11 minutes, turning once.

Toaster Oven: Preheat oven to 400°F. Bake frozen patties at 400° for 9-11 minutes, turning once.

Skillet-Stove Top: Place frozen patties on a non-stick skillet or grill. Cook over medium heat for approximately 3 minutes on each side.

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.

#JBK32
DOT #714421
UPC: 705723504322



Pack: 40/3.25 oz
Gross weight: 9.13 lbs
Item #: JBK32
LxWxH: 9.25" x 8.5" x 5.63"
Ti/Hi: 20x12

Nutrition Facts

| | |
|-------------------------------|----------------------|
| 40 servings per container | |
| Serving size | 1 patty (92g) |
| Amount per serving | |
| Calories | 190 |
| <small>% Daily Value*</small> | |
| Total Fat 2.5g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 270mg | 12% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 5g | 18% |
| Total Sugars 8g | |
| Includes 2g Added Sugars | 4% |
| Protein 6g | |
| Vitamin D 0mcg | 0% |
| Calcium 23mg | 0% |
| Iron 2mg | 10% |
| Potassium 466mg | 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.

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

Harvest Beet & Kale Veggie Burger Salad with Apples, Feta, Red Onion & Cinnamon-Maple Dressing

Ingredients:

Roasted Beet & Kale Veggie Burger, Arugula, Red Onion, Feta Cheese, Apple, Olive Oil, Apple Cider Vinegar, Garlic Powder, Salt, Cinnamon, Maple Syrup

Directions:

Start by preparing the dressing. In a small jar, combine 2 Tablespoons of olive oil with 1 Tablespoon of Apple Cider Vinegar, 1 Teaspoon Garlic Powder, 1½ Teaspoon of Cinnamon, 1 Tablespoon of Maple Syrup and a dash of salt. Shake to combine.

Prepare veggie burger according to supplier directions. While the veggie burger is cooking, cut ¼ red onion into thin slices and dice one apple.

Plate the salad with a handful of arugula followed by the onion, apples and a sprinkle of feta cheese. Top with the Roasted Beet & Kale Veggie Burger and a drizzle of the cinnamon-maple dressing. Enjoy!