



A rustic blend of texture and spice from black beans, chipotle and jalapeno peppers, combined with a hint of sweetness from corn and potato.

Ingredients: Brown Rice, Black Beans, Textured Vegetable Protein, Corn, Tomatoes, Red Pepper, Onion, Filtered Water, Sweet Potato, Tomato Paste, Cumin, Chipotle in Adobo (Chipotle Pepper, Water, Tomato Paste, Vinegar, Soybean Oil, Salt, Sugar, Onion, Spices), Tamari (Water, Soybeans, Salt), Jalapeno Peppers, Chili Powder, Canola Oil, Granulated Onion, Methylcellulose, Sea Salt, Minced Garlic, Paprika, Lime Juice, Brown Sugar, Coriander, Cayenne Pepper. **ALLERGENS:** Contains Soy

Cooking Guidelines:

Oven: Bake at 400 degrees for 10-12 minutes from frozen or 8-10 minutes from thawed state, turning once.

Skillet-Stove Top: Sauté in pan with a little oil over medium heat from frozen for 3 minutes on each side or 2 minutes on each side from thawed state.

Microwave: Place patty on microwaveable dish. Heat on "high" for approximately 2 to 2.5 minutes. (Microwave times may vary).

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.

#JBB40
 DOT #714416
 UPC: 705723500409



7 05723 50040 9

#JBB32
 DOT #713317
 UPC: 705723500324



7 05723 50032 4

Nutrition Facts

servings per container 32 40
Serving size 1 patty (113g) 1 patty (92g)

	Per serving		Per serving	
	210		170	
	% DV*		% DV*	
Calories				
Total Fat	3g	4%	2.5g	3%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	300mg	13%	250mg	11%
Total Carb.	39g	14%	32g	12%
Dietary Fiber	7g	24%	5g	19%
Total Sugars	3g		3g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	10g		8g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	62mg	4%	51mg	4%
Iron	3mg	15%	3mg	15%
Potassium	615mg	15%	500mg	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: 32/4.0 oz
 Gross weight: 9 lbs
 Item #: JBB40
 LxWxH: 9.25" x 8.5" x 5.63"
 Ti/Hi: 20X12

Pack: 40/3.25 oz
 Gross weight: 9.13 lbs
 Item #: JBB32
 LxWxH: 9.25" x 8.5" x 5.63"
 Ti/Hi: 20X12

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

Southwest Black Bean & Sweet Potato Veggie Burger with Zesty Guacamole

Ingredients:

SW Black Bean & Sweet Potato Veggie Burger, Bun, Lettuce, Tomato, Onion, Avocado, Garlic Powder, Onion Powder, Crushed Red Pepper, Chili Powder, Lime, Salt & Pepper

Directions:

Prepare the veggie burger according to supplier directions. While the veggie burger is cooking, slice the tomato and red onion. In a bowl, mash 1\2 of a ripe avocado with 1 tablespoon of garlic powder, 1 teaspoon of onion powder, 1\2 teaspoon of crushed red pepper, 1\2 teaspoon of chili powder, juice of a 1\2 of lime and dash of salt and pepper.

Assemble the burger by adding lettuce, tomato and red onion on the bottom bun followed by the veggie burger patty. Top with the zesty guacamole and the top bun. Enjoy!