

JENS & MARIE

EAT WELL. LIVE BETTER!

10 VEGGIES VEGGIE BURGER

• VEGAN •

A mellow medley of vegetables from the garden.
This is a classic example of a well-balanced veggie
burger with a perfect blend of seasoning.

INGREDIENTS: Carrots, Peas, Whole Oats, Zucchini, Edamame, Non-GMO Corn, String Beans, Spinach, Corn Meal, Onions, Potato Starch, Soy Protein Flour, Organic Wheat Free Tamari (Water, Organic Soybeans, Salt), Chick Peas, Dried Onion, Salt, Non- GMO Canola Oil, Red Peppers, Broccoli, Granulated Garlic, Parsley

ALLERGENS: WHEAT, SOY

PREPARATION INSTRUCTIONS: Product is Fully Cooked. Heat to a minimum internal temperature of 165°.

Cook from frozen.

SKILLET OR FLAT TOP: Lightly drizzle skillet or cook top with vegetable oil. Cook burger at medium temperature to brown on each side.

CONVECTION OVEN: Grease pan with vegetable oil. Bake in a 450° pre-heated oven for 6 minutes, turning burgers once. Keep covered in a hotel pan in a heating unit for institutional applications.

CASE PACK: 40/3.25 oz.

CASE WEIGHT: 8.13 lbs

Nutrition Facts		
Serving Size: 1 Patty, 3.25oz (92g)		
Servings: 1		
Amount Per Serving		
Calories	120	Calories from Fat 25
% Daily Value		
Total Fat	3g	5%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	380mg	16%
Total Carbohydrate	16g	5%
Dietary Fiber	5g	20%
Sugars	4g	
Protein	6g	
Vitamin A 25%	•	Vitamin C 35%
Calcium 6%	•	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2400mg 2400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

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Please visit our website www.jensandmarie.com for product ideas and additional information.