



EAT WELL. LIVE BETTER!

MEDITERRANEAN QUINOA BURGER

VEGAN • GLUTEN FREE • SOY FREE

A Sicilian Caponata medley of roasted eggplant, peppers, chick peas and quinoa seasoned with balsamic vinegar, raisins and kalamata olives.

INGREDIENTS: Quinoa, Chick Peas, Brown Rice, Roasted Eggplant, Onion, Red Pepper, Tomato Paste, Raisins, Balsamic Vinegar, Kalamata Olives, Brown Sugar, Safflower Oil, Capers, Sea Salt, Cilantro, Garlic, Unsweetened Cocoa, Vegetable Gum

ALLERGENS: NONE

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 (92.1g)

Servings: 1

Amount Per Serving

		% Daily Value
Calories	140	Calories from Fat 25
Total Fat	2.5g	4%
Saturated Fat	0g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	270mg	11%
Total Carbohydrate	26g	9%
Dietary Fiber	2g	10%
Sugars	6g	
Protein	4g	

Vitamin A 6% • Vitamin C 10%
Calcium 2% • Iron 4%

*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.