



EAT WELL. LIVE BETTER!

ROASTED BEET AND KALE BURGER

VEGAN • GLUTEN FREE • SOY-FREE

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

INGREDIENTS: Red Beets, Brown Rice, Ground Chickpeas, Lentils, Organic Kale, Spinach, Minced Onion, Non-GMO Canola Oil, Balsamic Vinegar, Brown Sugar, Capers, Sea Salt, Cumin, Paprika, Potato Starch, Diced Carrots, Raisins, 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

Calories 90 Calories from Fat 15

% Daily Value

Total Fat 1.5g 3%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 290mg 12%

Total Carbohydrate 18g 6%

Dietary Fiber 3g 12%

Sugars 7g

Protein 3g

Vitamin A 30% Vitamin C 4%

Calcium 2% Iron 8%

*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.