

# JENS & MARIE

EAT WELL. LIVE BETTER!

## SAMOSA BURGER

VEGAN • SOY-FREE

A popular Indian street food in the shape of a panko crusted veggie burger.  
Roasted potato and chick pea in a hot chili curry spice blend.  
Always delicious with chutney or yogurt mint sauce.

**INGREDIENTS:** Chick Peas, Potatoes, Peas, Panko Bread Crumbs, (Unbleached Wheat Flour, Natural Cane Sugar, Yeast, Sea Salt.), Carrot, Onion, Non GMO Canola, Jalapeno Peppers, Ginger, Salt, Mango Powder, Garam Masala, Cilantro, Spices, Xanthan Gum, Crushed Red Pepper

**ALLERGENS: WHEAT**

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

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

**DEEP FRY:** At 350° for approx. 1½ minutes.

**CONVECTION OVEN:** Coat pan with vegetable oil bake at 425° - 450° in a pre-heated oven for 6 minutes, turning burger once

**CASE PACK: 40/3.25 oz.**

**CASE WEIGHT: 6 lbs**

### Nutrition Facts

Serving Size: 1 Patty, 3.25oz (92.1g)  
Servings: 1

#### Amount Per Serving

Calories	190	Calories from Fat	50
% Daily Value			
<b>Total Fat</b>	6g		9%
Saturated Fat	0.5g		3%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	135mg		6%
<b>Total Carbohydrate</b>	28g		9%
Dietary Fiber	6g		24%
Sugars	4g		
<b>Protein</b>	7g		

Vitamin A 25% • Vitamin C 15%  
Calcium 4% • Iron 15%

\*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
<b>Total Fat</b>	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

1005 Main Street • Pawtucket, Rhode Island 02860 • (401) 475-9991

Please visit our website [www.jensandmarie.com](http://www.jensandmarie.com) for product ideas and additional information.