



# BLACK BEAN BURGER

## Nutrition Facts

38 servings per container

**Serving size** 1/4 cup (34g) Dry  
(about 1, 3" patty prepared)

Amount per serving

**Calories** **120**

% Daily Value\*

**Total Fat** 0.5g **1%**

Saturated Fat 0g **0%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 460mg **20%**

**Total Carbohydrate** 24g **9%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 34mg **2%**

Iron 1mg **6%**

Potassium 305mg **6%**

\*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.

**Contains an oxygen absorber, discard immediately after opening**

DISTRIBUTED BY: HIBERNATE  
1911 SOUTH 3850 WEST  
SALT LAKE CITY, UT 84104

**Contains a bioengineered food ingredient.**

**INGREDIENTS:** black beans (black beans, salt), instant long grain white rice, gluten-free quick oats, yellow peas, corn starch, onions, tomatoes, sea salt, chili powder (chili pepper, salt, spices, garlic, silicon dioxide), guar gum, onion powder, garlic powder, cumin, yeast extract, xanthan gum, oregano, red pepper.

SERVINGS	BURGER MIX	WARM WATER
1	1/4 Cup	3 Tbsp
4	1 Cup	3/4 Cup
8	2 Cups	1 1/2 Cups
12	3 Cups	2 1/4 Cups

### DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Thoroughly stir Black Bean Burger into warm water.
3. Let stand for 10-15 minutes.
4. Form into patties.
5. Place each patty on lightly oiled grill (375°F) for 3 to 4 minutes per side or until golden brown.

\*Shelf Life: Unopened product stays fresh up to 25 years. Best when stored in a cool and dry place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions

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