

Black Bean Burger



36 Pouches

Nutrition Facts	
216 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 302mg	6%
<small>*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.</small>	

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

DIRECTIONS:

Yield	Black Bean Burger	Warm Water
6 patties	1 pouch	1 cup + 2 tbsp
12 patties	2 pouches	2 1/4 cups
24 patties	3 pouches	4 1/2 cups

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

Contains a bioengineered food ingredient.

DISTRIBUTED BY: HIBERNATE
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Contains an oxygen absorber. Discard immediately upon opening.

*For optimal shelf life, store product in a cool and dry place. Sealed product stays fresh up to 25 years. Once seal is broken, food should be used within one year.

2-00009LPB-111220

