

Veggie Burger (Black Bean)

Nutrition Facts	
Serving Size 1 serving (114g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 610mg	25%
Total Carbohydrate 38g	13%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 9g	
Vitamin A 4%	• Vitamin C 10%
Calcium 10%	• 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
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Ingredients: GARDENBURGER Patty, Black Bean Chipotle; Roll or Bun, Hamburger, Plain