

## Nutrition Information:

# MorningStar Spicy Black Bean Burger

### Nutrition Facts

Servings Per Container: 3

Serving Size 1 Burger (67 g)

| Amount Per Serving        |                |                |
|---------------------------|----------------|----------------|
| Calories                  |                |                |
|                           |                | 110            |
|                           | Amount/Serving | % Daily Value* |
| Total Fat                 | 4.5 g          | 6%             |
| Saturated Fat             | 0.5 g          | 3%             |
| Trans Fat                 | 0 g            |                |
| Cholesterol               | 0 mg           | 0%             |
| Sodium                    | 320 mg         | 14%            |
| Potassium                 | 250 mg         | 4%             |
| Total Carbohydrate        | 13 g           | 5%             |
| Dietary Fiber             | 4 g            | 14%            |
| Sugars                    | 1 g            |                |
| Includes <1g Added Sugars | <1 g           | 2%             |
| Protein                   | 9 g            | 13%            |
| Calcium                   | 50 mg          | 4%             |
| Iron                      | 1.5 mg         | 8%             |
| Vitamin D                 | 0 mcg          | 0%             |

### Allergen Info

CONTAINS SOY, WHEAT, EGG, AND MILK INGREDIENTS

### Ingredients

Water, cooked black beans (black beans, water), cooked brown rice (water, brown rice), onion, whole kernel corn, corn oil, soy protein concentrate, egg whites, diced tomatoes, wheat gluten, bulgur wheat, green chiles, onion powder, calcium caseinate (from milk), cornstarch, contains two percent or less of tomato juice, salt, yeast extract, spices, dextrose, tomato powder, hydrolyzed vegetable protein (corn gluten, wheat gluten, soy protein), garlic powder, jalapeno pepper, citric acid, natural and artificial flavors, paprika, modified corn starch, soy sauce (soybeans, wheat, salt), xanthan gum, disodium inosinate, disodium guanylate, vitamin B1 (thiamin hydrochloride), caramel color, lactic acid.



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## Patty Veg Garden Veggie Burger

Printer Friendly

SUPC: 2339042

### Nutrition Information

Serving Size: 1 patty (100 grams)

#### Amount Per Serving

Calories: 170

Calories from Fat: 54

|                            |        | % Daily Value* |
|----------------------------|--------|----------------|
| <b>Total Fat:</b>          | 6 GM   | 9%             |
| Saturated Fat:             | 1 GM   | 5%             |
| Trans Fat:                 | 0 GM   |                |
| Polyunsaturated Fat:       | 3.5 GM |                |
| Monounsaturated Fat:       | 1.5 GM |                |
| <b>Cholesterol:</b>        | 0 MG   | 0%             |
| <b>Sodium:</b>             | 540 MG | 22%            |
| <b>Potassium:</b>          | 250 MG | 7%             |
| <b>Total Carbohydrate:</b> | 15 GM  | 5%             |
| Dietary Fiber:             | 3 GM   | 12%            |
| Sugars:                    | 2 GM   |                |
| <b>Protein:</b>            | 16 GM  |                |

Vitamin A: 0%

Vitamin C: 0%

Calcium: 8%

Iron: 8%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

### Calorie Percentages



PRO - 36%  
CHO - 34%  
FAT - 30%

#### Ingredients:

HYDRATED WHEAT GLUTEN (WATER, WHEAT GLUTEN), HYDRATED SOY FLOUR (WATER, SOY FLOUR), MUSHROOMS (MUSHROOMS, WATER, SALT), WATER CHESTNUTS (WATER CHESTNUTS, WATER, CITRIC ACID), ONION, CARROTS, COOKED BROWN RICE (WATER, BROWN RICE), WHOLE GRAIN OATS, CORN OIL, EGG WHITES, CALCIUM CASEINATE (FROM MILK), GREEN PEPPERS, SOY SAUCE (WATER, SOYBEANS, SALT, WHEAT), RED BELL PEPPERS, CONTAINS TWO PERCENT OR LESS OF SOY PROTEIN CONCENTRATE, WATER, ONION POWDER, CORNSTARCH, BLACK OLIVES (RIPE OLIVES, WATER, SALT, FERROUS GLUCONATE [COLOR]), SUGAR, SOY PROTEIN ISOLATE, HYDROLYZED CORN PROTEIN, SALT, SPICES, HYDROLYZED WHEAT PROTEIN, HYDROLYZED SOY PROTEIN, YEAST EXTRACT, GARLIC POWDER, THIAMIN HYDROCHLORIDE, JALAPENO PEPPER, NATURAL FLAVOR, DEXTROSE, CARAMEL COLOR, CELERY EXTRACT. CONTAINS WHEAT, SOY, EGG, AND MILK INGREDIENTS.

Allergens: Eggs, Milk, Soy, Wheat

#### Notes

1. The nutritional values indicated may not be complete based on limited information from product manufacturer.
2. This is a representation of the nutrition label. Because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.
3. If the Nutrition Label, Allergen Information and/or Ingredient List on eNutrition conflicts with these three statements on the product packaging itself, defer to the information on the product packaging. To ensure complete and current information on a product, always contact the product manufacturer.
4. These items' qualification as "gluten-free" is dependent on the accuracy of the gluten-free representations of manufacturers of the items and their ingredients. Therefore, Sysco and its affiliates do not guarantee that any item will be completely gluten-free. Consumers with celiac disease and/or gluten sensitivities should exercise proper caution in the consumption of any food items and should always consider their individual dietary requirements and needs.

**Vegetarian Veg Chckn Brst**

Printer Friendly

SUPC: 6551208

**Nutrition Information**

Serving Size: 4 oz (115 grams)

**Amount Per Serving**

Calories: 160

Calories from Fat: 54

|                            |        | % Daily Value* |
|----------------------------|--------|----------------|
| <b>Total Fat:</b>          | 6 GM   | 9%             |
| Saturated Fat:             | 0.5 GM | 2%             |
| Trans Fat:                 | 0 GM   | NA             |
| Polyunsaturated Fat:       | NA     | NA             |
| Monounsaturated Fat:       | NA     | NA             |
| <b>Cholesterol:</b>        | 0 MG   | 0%             |
| <b>Sodium:</b>             | 530 MG | 22%            |
| <b>Potassium:</b>          | NA     | NA             |
| <b>Total Carbohydrate:</b> | 6 GM   | 2%             |
| Dietary Fiber:             | 3 GM   | 12%            |
| Sugars:                    | 0 GM   |                |
| <b>Protein:</b>            | 22 GM  |                |

Vitamin A: 0%

Vitamin C: 0%

Calcium: 4%

Iron: 15%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

**Calorie Percentages**



PRO - 53%  
CHO - 14%  
FAT - 33%

**Ingredients:**

water, soy protein isolate, vital wheat gluten, expeller pressed/canola oil, natural flavors (from plant sources), modified vegetable gum, organic ancient grains flour (kamut, amaranth, millet, quinoa), yeast extract, potato starch, sea salt, organic cane sugar, vinegar, pea protein, carrot fiber, beetroot fiber, garlic powder, onion powder, extractives of paprika and turmeric.

Allergens: Soy, Wheat

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## Vegetarian Veg Chckn Strips

Printer Friendly

SUPC: 7072776

### Nutrition Information

Serving Size: 12 average strips (100 grams)

#### Amount Per Serving

Calories: 150

Calories from Fat: 14

|                      |        | % Daily Value* |
|----------------------|--------|----------------|
| Total Fat:           | 1.5 GM | 2%             |
| Saturated Fat:       | 0 GM   | 0%             |
| Trans Fat:           | 0 GM   | 0%             |
| Polyunsaturated Fat: | NA     | NA             |
| Monounsaturated Fat: | NA     | NA             |
| Cholesterol:         | 0 MG   | 0%             |
| Sodium:              | 430 MG | 18%            |
| Potassium:           | NA     | NA             |
| Total Carbohydrate:  | 4 GM   | 1%             |
| Dietary Fiber:       | 1 GM   | 4%             |
| Sugars:              | 1 GM   | 4%             |
| Protein:             | 28 GM  |                |

Vitamin A: 0%

Vitamin C: 0%

Calcium: 4%

Iron: 20%

\* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

### Calorie Percentages



PRO - 79%  
CHO - 11%  
FAT - 10%

#### Ingredients:

water, soy protein isolate, vital wheat gluten, natural flavors (from plant sources), yeast extract, organic cane sugar, expeller pressed/canola oil, sea salt, organic ancient grains flour (kamut, amaranth, millet, quinoa), pea protein, carrot fiber, organic beetroot fiber, onion powder, extractives of paprika and turmeric.

Allergens: Soy, Wheat

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