Product Name	Garden Veggie Burgers 3.5 OZ (100g)
Flavor Descriptor	
NLI Description	Production
Brand	**Morningstar Farms**

Date Created	04/08/20
NLI #	14776
Kosher Status	OK-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	
USDA Ounce Equivalents of Meat/Meat Alternate	2.25
Whole Grains (g/serving)	6 g

Serving Size	1 Burger							
Serving Size g	100							
Serving Size oz								
Amount Per Serving								
Calories	160							
			% Daily Value*				% Daily Value*	
Total Fat	7	g	9	%				%
Saturated Fat	1	g	5	%				%
Trans Fat	0	g						
Polyunsaturated Fat								
Monounsaturated Fat								
Cholesterol	<5	mg	1	%				%
Sodium	580	mg	25	%				%
Total Carbohydrate	14	g	5	%				%
Dietary Fiber	6	g	21	%				%
Soluble Fiber								
Insoluble Fiber								
Total Sugars	2	g						
Includes <1g Added Sugars	<1	g	1	%				%
Sugar Alcohol								
Protein	17	g	26	%				%
Vitamin D	0.1	mcg	0	%				%
Calcium	90	mg	6	%				%
Iron	1.4	mg	6	%				%
Potassium	230	mg	4	%				%
Vitamin A				%				%
Vitamin C				%				%
Vitamin E				%				%
Vitamin K				%				%
Thiamin				%				%
Riboflavin				%				%
Niacin				%				%
Vitamin B6				%				%
Folate		mcg DFE		%		mcg DFE		%
Folic Acid								
Vitamin B12				%				%
Biotin				%				%
Pantothenic Acid				%				%
Phosphorus				%				%
Iodine				%				%
Magnesium				%				%
Zinc				%				%
Selenium				%				%
Copper				%				%
Manganese				%				%
Chromium				%				%
Molybdenum				%				%
Chloride				%				%
Choline				%				%
Fluoride								

Ingredients:

Water, carrots, onions, soy flour, egg whites, mushrooms, whole grain oats, wheat gluten, water chestnuts, vegetable oil (corn, canola, and/or sunflower oil), **green bell peppers, calcium caseinate** (from milk), **cooked brown rice** (water, brown rice), **red bell peppers.**
Contains 2% or less of onion powder, cornstarch, soy sauce powder (soy sauce [soybeans, salt, wheat]), sugar, black olives, salt, spices, garlic powder, jalapeno peppers, xanthan gum.

ALLERGEN INFORMATION:

CONTAINS SOY, EGG, WHEAT AND MILK INGREDIENTS.

Nutrient Contents Per 100g			
Calories	163	Vitamin E	0 mg
Total Fat	6.5 g	Vitamin K	NA mcg
Saturated Fat	1.0 g	Thiamin	0.05 mg
Trans Fat	0.0 g	Riboflavin	0.18 mg
Polyunsaturated Fat	3.4 g	Niacin (NE)	3.7 mg
Monounsaturated Fat	1.9 g	Vitamin B6	0.03 mg
Cholesterol	2 mg	Folate (DFE)	6 mcg
Sodium	575 mg	Folic Acid	0 mcg
Total Carbohydrate	13.9 g	Vitamin B12	0.3 mcg
Dietary Fiber	5.9 g	Biotin	NA mcg
Soluble Fiber	3.3 g	Pantothenic Acid	NA mg
Insoluble Fiber	2.6 g	Phosphorus	124 mg
Total Sugars	1.8 g	Iodine	NA mcg
Added Sugars	0.6 g	Magnesium	5 mg
Sugar Alcohols	NA g	Zinc	0.1 mg
Protein	16.5 g	Selenium	NA mcg
Vitamin D	0 mcg	Copper	NA mg
Calcium	97.2 mg	Manganese	NA mg
Iron	1.4 mg	Chromium	NA mcg
Potassium	231 mg	Molybdenum	NA mcg
Vitamin A (RAE)	67 mcg	Chloride	NA mg
Vitamin C	5 mg	Choline	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Fluoride	NA mg
		Moisture	60.8 %
		Ash	2.3 %
		Whole Grain	6.57 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
100 28989 97712 7	Case	4 - 2 LB 10OZ (1.2kg)	48

Product information can change at any time.
Always refer to product package for current nutrition and ingredient information.

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