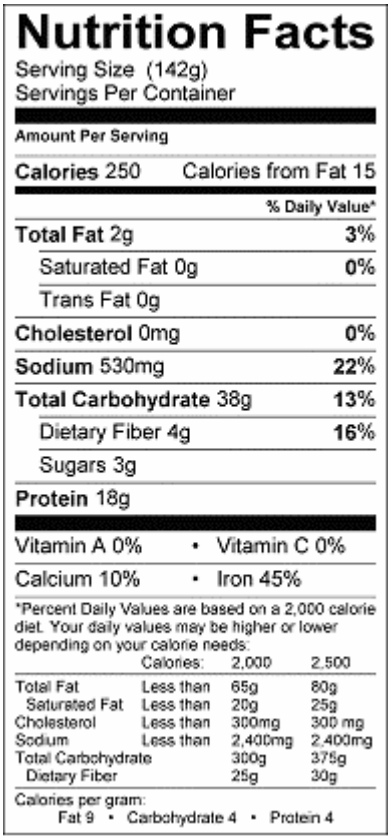
Garden Burger

Ingredients

Vegetarian Meat, burger, garden vegan, Buns, hamburger.

Nutrients per serving



Nutrition Facts

Serving Size (142g)
Servings Per Container

Amount Per Serving

Calories 250	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 18g	

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 45%

*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4