Spicy Black Bean Burgers

Number of Servings: 60 (110.94 g per serving)

Amount	Measure	Ingredient
60.00	ea	Vegetarian Meat, burger, black bean, spicy, fzn
60.00	ea	Buns, hamburger, whole wheat
1.00	oz	Lettuce, iceberg, shredded
1.00	oz	Tomatoes, diced

Nutrients per serving

Nutrition Facts

Serving Size (111g)
Servings Per Container

Amount Per Serving

Calories 230	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 35g	12%
Dietary Fiber 8g	32%
Sugars 6g	
Protein 15g	

Vitamin A 2% • Vitamin C 2%
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

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