



**GARDEIN**

# 002379 - Burger Gardein Gf Black Bean

Meatless, well done! Gardein is 100% plant-protein, Certified Vegan, Non-GMO Project Verified. These black bean burgers are gluten-free and contain bits of onion, corn, and green and red peppers, plus southwestern seasoning that everyone will love! Serve on a sandwich with avocado and chipotle mayo for an easy meatless sandwich option.



### \* Benefits

## Nutrition Facts

Servings per Container **48**  
Serving size **1 patty(96g)**

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 3g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 7g	
<b>Vitamin D</b>	<b>0%</b>
<b>Calcium</b> 50mg	<b>4%</b>
<b>Iron</b>	<b>8%</b>
<b>Potassium</b> 350mg	<b>7%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

INGREDIENTS: WATER, COOKED BLACK BEANS, COOKED BROWN RICE, CANOLA OIL, BLACK BEAN POWDER, ONIONS, CORN, SOY PROTEIN CONCENTRATE, TOMATO PASTE, BELL PEPPERS, POTATO STARCH, ORGANIC CANE SUGAR, METHYLCELLULOSE, GARLIC POWDER, ONION POWDER, SEA SALT, SPICES, YEAST EXTRACT, SALT, CHIPOTLE CHILI POWDER, CITRIC ACID, TOMATO POWDER, NATURAL FLAVORS, LACTIC ACID, MOLASSES. CONTAINS SOY.

### ⚠ Allergens

#### Contains:



### Handling Suggestions

Follow storage and usage instructions as printed on consumer packaging.

### Serving Suggestions

Follow serving suggestions as printed on the packaging.

### Prep & Cooking Suggestions

Please follow preparation instructions as printed on the consumer packaging.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
GARDEIN	Conagra Brands	Meat Substitute, Beef or Burgers

MFG #	SPC #	GTIN	Pack	Pack Desc.
7426700116	002379	00874267001168	1	1 / 48 / 3.4 ONZ

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
10.6lb	10.2lb	No	CAN	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
9.05in	9.05in	7.63in	0.36ft3	15x6	420DAYS	0°F / 20°F



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## Nutrition Analysis - By Serving

Calories	160	Total Fat	7g	Sodium	470mg
Protein	7	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	20g	Saturated Fat	0.5g	Iron	
Sugars	3g	Added Sugars		Potassium	350mg
Dietary Fiber	5g	Polyunsaturated Fat	2g	Zinc	
Lactose		Monounsaturated Fat	4g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

### Additional Images

