

Burgers



Meaty and satisfying without tasting like it's trying too hard to be meat, crisps up perfectly on the outside, staying juicy and hearty within.

BeanitosTM



Nutrition Facts

2 servings per container

Serving Size

1 Piece (113g)

Calories

Per serving
200

Per container
400

	% Daily Value*		% Daily Value*	
Total Fat	12g	16%	25g	32%
Saturated Fat	4.0g	20%	8g	41%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	540mg	24%	1090mg	47%
Total Carb.	11g	4%	22g	8%
Dietary Fiber	6g	20%	11g	40%
Total Sugars	2g		4g	
Incl. Added Sugars	less than 1g	1%	1g	3%
Protein	15g		29g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	50mg	4%	110mg	8%
Iron	3.0mg	18%	5.9mg	32%
Potassium	150mg	4%	310mg	6%

* 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.

Water, soy protein concentrate (soy oil, thickener (methylcellulose, gum arabic, guar gum, locust bean gum) and less than 2% of oligofructose, soy sauce (water, defatted soybean, soybean, wheat, salt, sugar), salt, vegan flavors, sugar, yeast extract, spices, malted barley extract, beet red, psyllium seed husk.

Recommended Cooking Method



Pan Fry

Heat pan on Medium High, add a little oil to coat bottom of pan. Add Burger to the pan, crisp each side and cook until warm all the way through.



Air Fry

Heat air fryer to 375 ° F. Spray burger lightly with cooking oil. Cook for 7 – 10 minutes, flipping halfway through until Burger is cooked all the way through.