



A colorful medley of vegetables from the garden. This is a classic example of a well-balanced veggie burger with a mellow blend of seasoning.

Ingredients: Carrots, Edamame, Onions, String Beans, Zucchini, Corn, Peas, Spinach, Broccoli, Chickpeas, Red Peppers, Oat Bran, Potato Starch, Corn Meal, Soy Protein Flour, Dried Garlic, Salt, Parsley, Black Pepper, Vegetable Gum, Canola Oil. **ALLERGENS:** Contains Soy

Cooking Guidelines:

Oven: Place frozen patties on baking sheet in 350° oven for 10-12 minutes, turning once.

Skillet-Stove Top: Non-stick skillet or grill, medium heat, 2-3 minutes on each side.

Microwave: Place frozen patties on microwavable dish. Heat on high for approximately 2 minutes. (Microwave times may vary).

Deep fryer: At 350° for approximately 1.5 minutes.

NOTE: Product should always be cooked to minimum internal temperature of 165° F. Keep Frozen.

Nutritional Values are calculated from USDA Nutrient Database, supplier information, and/or analysis.

Nutrition Facts			
servings per container	30		40
Serving size	1 patty (155g)		1 patty (113g)
	Per serving	Per serving	
Calories	210	150	
	% DV*	% DV*	
Total Fat	3.5g 5%	2.5g	3%
Saturated Fat	0g 0%	0g	0%
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg	0%
Sodium	400mg 17%	290mg	13%
Total Carb.	36g 13%	26g	9%
Dietary Fiber	7g 25%	5g	18%
Total Sugars	5g	4g	
Incl. Added Sugars	0g 0%	0g	0%
Protein	10g	7g	
Vitamin D	0mcg 0%	0mcg	0%
Calcium	69mg 6%	50mg	4%
Iron	3mg 15%	2mg	10%
Potassium	714mg 15%	521mg	10%

* 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.

#CA55
DOT#714398
UPC: 705723022505



#CA40
DOT#761299
UPC: 705723022406



Pack: 30 / 5.5 oz.
Gross weight: 11.55 lb
Item #: CA55
LxWxH: 13.75"x 9.63"x 4.5"
Ti/Hi: 12x12

Pack: 40/4.0 oz
Gross weight: 11.25 lb
Item #: CA40
LxWxH: 13.75"x 9.63"x 4.5"
Ti/Hi: 12x12

Serving Suggestions

From a classic burger on a bun to a lettuce wrap, Franklin Farms Veggie Burgers are great for lunch or dinner!

Enjoy with a variety of toppings and sauces!



Recipe

California Lettuce Wrap with Sriracha Mayo

Ingredients:

California Veggie Burger, Butter Lettuce, Red Onion, Tomato, Avocado, Mayo, Sriracha

Directions:

Prepare veggie burger according to supplier directions. While the veggie burger is cooking, prepare the sriracha mayo by combining 3 tablespoons of mayo with 1 tablespoon of sriracha. Slice the tomato, red onion and avocado and set aside.

Assemble the lettuce wrap by adding 2-3 pieces of the butter lettuce on a plate. Add the slices of tomato, red onion and avocado followed by the veggie burger. Top with a spoonful of the sriracha mayo and serve with a side of chips. Enjoy!