

**evo** *the evolution of food*

## Veggieburst Burger

*A subtle explosion of flavours from fresh garden vegetables, bbq, broil, bake or fry*



### INGREDIENTS

Carrots, potatoes, onions, zucchini, romaine, chickpea flour, rice flour, semolina flour, salt, spices, non-hydrogenated canola oil for frying.

### PREPARATION INSTRUCTIONS

**Note:** This product is precooked for your convenience. Heat from frozen state.

**Oven:** Preheat oven to 375°F(190°C). Place patties in a single layer on a non-stick baking sheet. Bake 4 minutes, turn, bake additional 4 minutes (until an internal temperature of 165°F(74 °C) is reached) and patties are golden.

**Broil, Grill or Pan Fry:** Spray grill or pan lightly with oil. Cook frozen patty approximately 4-5 minutes each side (until an internal temperature of 165 °F (74°C) is reached) and patties are golden.

**FREE OF MEAT, FISH, POULTRY, EGGS, DAIRY MUSHROOMS, NUTS and TRANS FAT**

**KEEP FROZEN**

### Nutrition Facts Valeur nutritive

Serving size 1 burger (100g)  
Portion 1 burger (100g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 180	
<b>Total Fat / Lipides</b> 7 g	<b>11 %</b>
Saturated / saturés 0.5 g	
+ Trans / trans 0 g	<b>3 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 340 mg	<b>14 %</b>
<b>Total Carbohydrate / Glucides</b> 25 g	<b>8 %</b>
Fibre / Fibres 3 g	<b>12 %</b>
Sugars / Sucres 4 g	
<b>Protein / Protéines</b> 5 g	
Vitamin A / Vitamine A	25 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	10 %

**UPC Code:** 8-35541-00551-7

**Pack Size:** 400gm box (approx 4 servings)

*People dedicated to the ethical treatment of people*