

Product Name	Spicy Black Bean Burger CN
Flavor Descriptor	
NLI Description	Production
Brand	<b>Morningstar Farms</b>



Date Created	01/02/18
NLI #	11812
Kosher Status	OK-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	0
USDA Ounce Equivalents of Meat/Meat Alternate	2
Whole Grains (g/serving)	3 g

Serving Size	1 Burger	
Serving Size g	82	
Serving Size oz		
Amount Per Serving		
Calories	160	
Calories from Fat	60	
		% Daily Value*
Total Fat	7 g	11 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Polyunsaturated Fat		
Monounsaturated Fat		
Cholesterol	<5 mg	1 %
Sodium	410 mg	17 %
Potassium	280 mg	8 %
Total Carbohydrate	15 g	5 %
Dietary Fiber	5 g	18 %
Soluble Fiber		
Insoluble Fiber		
Sugars	1 g	
Sugar Alcohol		
Other Carbohydrate		
Protein	14 g	26 %
Vitamin A		0 %
Vitamin C		0 %
Calcium		4 %
Iron		4 %
Vitamin D		%
Vitamin E		%
Vitamin K		%
Thiamin		%
Riboflavin		%
Niacin		%
Vitamin B6		%
Folic Acid		%
Vitamin B12		%
Biotin		%
Pantothenic Acid		%
Phosphorus		%
Iodine		%
Magnesium		%
Zinc		%
Selenium		%
Copper		%
Manganese		%
Chromium		%
Molybdenum		%

**Ingredients:**

Water, black beans, brown rice, onions, corn oil, whole kernel corn, sodium caseinate, soy protein concentrate, egg whites, diced tomatoes, wheat gluten, bulgur wheat, green chiles, onion powder, contains two percent or less of calcium caseinate, cornstarch, tomato juice, yeast extract, spices, dextrose, salt, tomato powder, hydrolyzed vegetable protein (corn gluten, wheat gluten, soy protein), garlic powder, jalapeno pepper, citric acid, paprika (color), modified corn starch, soy sauce (soybeans, wheat, salt), xanthan gum, disodium inosinate, natural flavors, disodium guanylate, vitamin B1 (thiamin hydrochloride), caramel color.

**ALLERGEN INFORMATION:**

**CONTAINS MILK, SOY, EGG AND WHEAT INGREDIENTS.**

\*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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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

Product information can change at any time.

Always refer to product package for current nutrition and ingredient information.

Julia M. Jursinic, MS  
Sr. Director, Nutrition Labeling & Regulatory Compliance  
Kellogg Company

**Nutrient Contents Per 100g**

Calories	199	Vitamin D	0 IU
Calories from fat	76	Vitamin E	0 IU
Total Fat	8.4 g	Vitamin K	NA mcg
Saturated Fat	1.1 g	Thiamin	0.06 mg
Polyunsaturated Fat	4.7 g	Riboflavin	0.16 mg
Monounsaturated Fat	1.9 g	Niacin	0.5 mg
Trans Fat	0.1 g	Vitamin B6	0.04 mg
Cholesterol	3 mg	Folic Acid	33 mcg
Sodium	503 mg	Vitamin B12	0.0 mcg
Potassium	339 mg	Biotin	NA mcg
Total Carbohydrate	17.8 g	Pantothenic Acid	NA mg
Dietary Fiber	5.5 g	Phosphorus	182 mg
Soluble Fiber	1.1 g	Iodine	NA mcg
Insoluble Fiber	4.4 g	Magnesium	47 mg
Sugars	1.5 g	Zinc	1.3 mg
Sugar Alcohols	NA g	Selenium	NA mcg
Protein	17.5 g	Copper	0.20 mg
Vitamin A	0 IU	Manganese	0.77 mg
Vitamin C	0 mg	Chromium	NA mcg
Calcium	60.6 mg	Molybdenum	NA mcg
Iron	1.2 mg	Moisture	54.7 %
NA = values do not exist or are incomplete.		Ash	1.6 %

GTIN/UPC Code	Type of Package	Net Weight	Servings/ Container
0002898499387	Case	48 - 2.9 oz (82g)	48

\*\*\*Information presented in this document applies to products intended for US consumers only.\*\*\*

\*Note: This document is for technical use only. Please refer to packaging or sales materials for correct trademark usage.\*