



A base of soy, brown rice and rolled oats. Loaded with mushrooms, carrots, red & green peppers and water chestnuts.

Ingredients: Water, Brown Rice, Textured Soy Flour, Onions, Mushrooms, Red Peppers, Wheat Gluten, Carrots, Oats, Water Chestnuts, Canola Oil, Black Olives, Green Peppers, Salt, Methylcellulose, Tamari (Water, Soybeans, Wheat, Salt), Garlic, Corn Starch, Spices. **ALLERGENS:** Contains Soy, wheat

Cooking Guidelines:

Oven: Bake frozen patties at 400° F for 14 to 16 minutes.

Skillet-Stove Top: Place frozen patties on non-stick skillet or grill. Cook over medium heat for approximately 4 minutes on each side.

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

Deep fryer: Fry in basket 2.5 minutes until fully heated.

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.

#4150
DOT#714406
UPC: 705723041506



7 05723 04150 6

#4135
DOT#714405
UPC: 705723041353



7 05723 04135 3

Nutrition Facts

servings per container 36 48
Serving size 1 patty (142g) 1 patty (99g)

Calories	Per serving		Per serving	
	220		170	
	% DV*		% DV*	
Total Fat	6g	8%	3.5g	5%
Saturated Fat	1g	5%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	720mg	31%	380mg	17%
Total Carb.	19g	7%	23g	8%
Dietary Fiber	8g	29%	5g	16%
Total Sugars	3g		2g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	21g		13g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	100mg	8%	60mg	4%
Iron	2mg	8%	2mg	10%
Potassium	510mg	10%	100mg	2%

* 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.

Pack: 36 / 5.0 oz.
Gross weight: 12.50 lb
Item #: 4150
LxWxH: 13.75"x 9.63"x 4.5"
Ti/Hi: 12x12

Pack: 48/3.5 oz
Gross weight: 11.75 lb
Item #: 4135
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

Garden Broiler Veggie Burger with Sautéed Zucchini & Garlic Aoli

Ingredients:

Garden Broiler Veggie Burger, Bun, Red Onion, Greens, Zucchini, Mayo, Garlic, Lemon Juice, Olive Oil, Salt & Pepper

Directions:

Start by preparing the garlic aoli. In a bowl, combine 4 tablespoons of mayo with 2 cloves of minced garlic, 1 teaspoon of lemon juice and a dash of salt and pepper.

Slice the zucchini into thin slices. In a medium pan over medium - high heat, add 1 tablespoon of olive oil. Once the oil is hot, add the slices of zucchini and season with salt and pepper. Continue to cook zucchini until softened. At this time, start preparing the veggie burger according to supplier directions.

Build the burger by adding a handful of greens to the bottom bun followed by a few slices of red onion. Add the veggie burger and the slices of sautéed zucchini. Top with a spoonful of the garlic aoli and the top bun. Enjoy!