



215
SERVINGS



SHELF LIFE
UP TO 25 YEARS

Shelf Life: Product good for up to 25 years when unopened. Best when stored in a cool, dry and dark place at temperatures between 55°F and 70°F. Actual shelf life may vary based on individual storage conditions.

FOOD STORAGE
EMERGENCY
EVERYDAY FOOD

Gluten Free Black Bean Burger

Nutrition Facts	
Serving Size: 1/4 Cup (34g) Dry	
Servings Per Container: 215	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	24%
Sugars 2g	
Protein 5g	
Vitamin A 4%	Vitamin C 8%
Calcium 4%	Iron 8%
*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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbs 4 • Protein 4	

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SERVINGS	BURGER MIX	WATER
4	1 CUP	3/4 CUP
8	2 CUPS	1 1/2 CUPS
12	3 CUPS	2 1/4 CUPS

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Thoroughly stir Black Bean Burger mix into warm water.
3. Let stand for 10 to 15 minutes.
4. Form into patties.
5. Place each patty on lightly oiled grill (375°F) for 3 to 4 minutes per side.

INGREDIENTS: Black bean flakes (black beans, salt), instant long grain white rice, gluten free quick oats, yellow pea powder, corn starch, onions, tomato flakes, sea salt, chili powder (chili pepper, spices, salt, garlic, silicon dioxide, ethoxyquin), guar gum, garlic powder, onion powder, cumin, natural flavoring, xanthan gum, oregano, cayenne (ground red pepper, silicon dioxide, ethoxyquin).

Contains oxygen absorber.
Discard immediately upon opening.