

Nutrition Facts

Serving size 1 burger

Amount Per Serving

Calories 360

% Daily Value*

Total Fat 6g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Polyunsaturated Fat 1.8g

Monounsaturated Fat 2.5g

Cholesterol 95mg 32%

Sodium 850mg 37%

Total Carbohydrate 59g 21%

Dietary Fiber 12g 43%

Total Sugars 3g

Includes 2g Added Sugars 4%

Protein 17g 34%

Vitamin D 0.5mcg 2%

Calcium 145mg 10%

Iron 3.7mg 20%

Potassium 537mg 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.