

HOMEMADE VEGGIE BURGER #001687

Ingredients

- 17 cups drained black beans
- 8 cups Pico de Gallo
- 2 cups corn drained
- 1 cup liquid eggs
- 12oz Panko
- 2# cheese blend

- 48 hamburger buns

Makes: 48 -1/2C
Prep Time:
Cooking Time:
Provides: 2M/MA 2G

Image



Nutrition Facts

C Veggie Burger 18-19	
Nutrition Facts	
Serving Size: patties	
Servings per Container: 1	
Amount Per Serving	Calories from Fat 62
Calories: 374	
	% Daily Value*
Total Fat 6.9g	11%
Saturated Fat 3.5g	18%
Trans Fat 0.0g	
Cholesterol 34mg	11%
Sodium 439mg	18%
Total Carbohydrate 57.5g	19%
Dietary Fiber 8.7g	36%
Protein 18.8g	38%
Vitamin A 34%	Vitamin C 54%
Calcium 12%	Iron 19%
*Percent Daily Values are provided for informational purposes only, not for monitoring purposes.	
*Percent Daily Values are based on a diet of 2,000 calories.	
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.	

Possible Allergens or Sensitivites

		Yes	No
1.	Contains Egg	X	
2.	Contains Dairy	X	
3.	Contains Nuts		X
4.	Contains Pork		X
5.	Contains Gluten	X	
6.	Contains Soy	X	
7.	Vegetarian	X	