

Nutrition Facts

Serving size

1 burger

Amount Per Serving

Calories

260

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2.6g **13%**

Trans Fat 0g

Polyunsaturated Fat 2.1g

Monounsaturated Fat 3g

Cholesterol 85mg **28%**

Sodium 450mg **20%**

Total Carbohydrate 28g **10%**

Dietary Fiber 4g **14%**

Total Sugars 4g

Includes 3g Added Sugars **6%**

Protein 17g **34%**

Vitamin D 0.4mcg **2%**

Calcium 107mg **8%**

Iron 3mg **15%**

Potassium 458mg **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.