

Spicy Black Bean Burger

Lancer Management

Author

Categories

Tools

Locations

Plate/Store

Yield	1	Sandwich	Prep
Portion	1	Sandwich	Cook
Num Portions	1		Finish
			Shelf

Nutrition Facts	
Serving Size	1 Sandwich
Servings Per Container	1
Amount Per Serving	
Calories 486	Calories From Fat 181
% Daily Value	
Total Fat 20g	30%
Saturated Fat 4g	16%
Cholesterol 10mg	3%
Sodium 903mg	38%
Total Carbohydrates 49g	16%
Dietary Fiber 7g	32%
Protein 21g	
Vitamin A 9%	Vitamin C 10%
Calcium 12%	Iron 20%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

Low Cholesterol
High in Potassium
High in Iron
High in Fiber
High in Protein
Good Source of Vitamin C
Good Source of Calcium
Good Source of Carbohydrates