Pronto Selections
Ready to serve gourmet

Product Specification

Name: Southwest Veggie Burger

Brand: Pronto Selections

Item #: 8091

SCC/UPC: 10628451380914



Revised: June 20,2019

Product Description: Mixed vegetables, black beans, bell and chipotle peppers in Adobo sauce are only a few of the key ingredients that make up the spicy flavor.

Product Characteristics

- Colour: Roasted Brown
- Odour: Slight spice
- Shape: Round
- Texture: Firm
- Taste: Tex Mex
- Size/Count: 4.0 oz

Product Packaging:

- Count/Case: 36
- Pack Size: 1 x 36
- Case Weight Net 9.0 lb
- Case Weight Gross: 9.73 lb
- Case Dimensions: 14.69”x12.81”x9.73”
- Ti/Hi: 9x21
- Case Cube: 0.33

Storage Condition: Frozen

Storage Temperature: -18°C/0°F

Date Code Format: Production

Shelf Life: 540 Days

Nutrition Facts

36 servings per container

Serving size **1 Burger (113g)**

Amount per serving

Calories **150**

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 730mg	**32%**
Total Carbohydrate 24g	**9%**
Dietary Fiber 6g	**21%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 13g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 4mg	20%
Potassium 513mg	10%

*The % Daily Value 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.

GLUTEN FREE

Vegan

Allergens: Soy

Ingredients: Mixed Vegetables (Green Peas, Corn, Diced Carrots, and Green Beans [Contains a Trace Amount of Salt]), Water, Black Beans (Black Beans, Water, Salt), Textured Soy Flour, Carrots, Gluten Free All Natural Batter (Yellow Corn Flour, Rice Flour, Corn Starch, Sea Salt, Cream of Tartar, Sodium Bicarbonate, Garlic Powder, Onion Powder, Expeller Pressed Canola Oil, Xanthan Gum, Spices), Corn, Soy Protein Concentrate, Onion, Anaheim Pepper, Chipotle Peppers In Adobo Sauce (Chipotle Peppers, Tomato Puree, Onions, Vinegar, Canola Oil, Sugar, Salt, Paprika, Garlic), Cooked Brown Rice, Red Bell Pepper, Salt, Rice Starch, Potato Starch, Corn Starch, Cumin, Paprika, Corn Flour, Chili Powder (Ground Chili Pepper, Ground Cumin, Ground Oregano, Garlic Powder, Salt), Oregano, Onion Powder, Garlic Powder, Soy Flour, White Pepper. Fried in Canola Oil (Non-Gmo).

Cooking Instructions: Cook from frozen. For food safety, product must be cooked to an internal temperature of 165°F as measured by a food thermometer. Appliances vary, adjust accordingly.
GRILLING: Pre-heat to MEDIUM. Grill 3-5 minutes per side. Do not flip the burger until it is charred.
PAN FRY: In a lightly oiled pan pre-heated to medium heat cook for approximately 3-4 minutes on each side. Do not flip the burger until browned.
Oven: Pre-heat oven to 350°F. Place burger onto a parchment lined sheet pan. Cook for approximately 14-16 minutes
Convection: Pre-heat oven to 350°F. Place burger onto a parchment lined sheet pan. Cook for approximately 14-16 minutes