

**Full Report (All Nutrients) 45187049, TOFURKY, VEGGIE BURGER, UPC: 025583005426**

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Turtle Island Foods, Inc.

| Nutrient                       | Unit | Data points | Std. Error | 1 PATTY<br>99g | 1<br>Value<br>Per100 g |
|--------------------------------|------|-------------|------------|----------------|------------------------|
| <b>Proximates</b>              |      |             |            |                |                        |
| Energy                         | kcal | --          | --         | 183            | 185                    |
| Protein                        | g    | --          | --         | 7.00           | 7.07                   |
| Total lipid (fat)              | g    | --          | --         | 4.90           | 4.95                   |
| Carbohydrate, by difference    | g    | --          | --         | 22.00          | 22.22                  |
| Fiber, total dietary           | g    | --          | --         | 4.0            | 4.0                    |
| Sugars, total                  | g    | --          | --         | 3.00           | 3.03                   |
| <b>Minerals</b>                |      |             |            |                |                        |
| Calcium, Ca                    | mg   | --          | --         | 30             | 30                     |
| Iron, Fe                       | mg   | --          | --         | 1.98           | 2.00                   |
| Sodium, Na                     | mg   | --          | --         | 175            | 177                    |
| <b>Vitamins</b>                |      |             |            |                |                        |
| Vitamin C, total ascorbic acid | mg   | --          | --         | 1.8            | 1.8                    |
| Vitamin A, IU                  | IU   | --          | --         | 0              | 0                      |
| <b>Lipids</b>                  |      |             |            |                |                        |
| Fatty acids, total saturated   | g    | --          | --         | 0.000          | 0.000                  |
| Fatty acids, total trans       | g    | --          | --         | 0.000          | 0.000                  |
| Cholesterol                    | mg   | --          | --         | 0              | 0                      |

**Amino Acids**
**Other**
**Ingredients**

ORGANIC LONG-GRAIN BROWN RICE, ONIONS, MUSHROOMS, WHOLE GRAIN GLUTEN FREE OATS, HULLED HEMP SEED, COLD-MILLED WHOLE-GRAIN FLAX SEED, BALSAMIC VINEGAR, ORGANIC COCONUT SUGAR, GARLIC, YEAST EXTRACT, SEA SALT, BLACK PEPPER ROSEMARY. *Date Available: 05/02/2018 Date Last Updated by Company: 05/02/2018*