



*Our passion for delivering delicious vegetarian offerings means good business for you.*

- ✓ *Low in saturates*
- ✓ *High source of dietary fibre*
- ✓ *Available in bulk and retail*
- ✓ *Kosher*
- ✓ *Halal*
- ✓ *Cholesterol Free*
- ✓ *Vegan*
- ✓ *67% Organic*
- ✓ *Source of Protein*

Visit [www.solcuisine.com/food-service](http://www.solcuisine.com/food-service) to check out our complete product line-up, find foodservice recipes and learn more about how Sol Cuisine can help you build your protein profit.

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# Our Almond Grain Veggie Burger



# Almond Grain Veggie Burger



*Sol Cuisine's signature veggie burger is 67% organic. Loaded with grains, almonds, and legumes, its savory, mildly spicy flavours make it one of our most versatile burgers. Great as a burger or made into patê, entrées and hor d'oeuvres.*

**Preparation Instructions (cook from frozen):**

- Grill:** On flat top grill or frying pan for 4-5 minutes each side, using a small amount of oil.
  - Stovetop:** Cook over medium heat on non-stick or lightly oiled skillet for 2-3 minutes per side.
  - Barbecue:** 3-4 minutes on each side, turning once using flat spatula.
  - Bake:** In 350°F oven for 10 minutes, turn and cook another 10 minutes.
- DO NOT OVERCOOK.**

**INGREDIENTS:** Organic spelt, organic soybeans, organic okara, almond butter, filtered water, carrots, onions, green lentils, tomato powder, organic amaranth, olive oil, almonds, sea salt, yeast\*, tapioca starch, modified cellulose, spice, dehydrated garlic, xanthangum.

\*Inactive engevita yeast

**Frozen**  
**Shelf Life: 1 year • Keep frozen**  
**Product Code: 1814**  
**Pack Size: 36 x 113g**  
**SCC#: 10 6 28025 01814 4**

Nutrition Facts	
Valeur nutritive	
Per 1 burger serving (71 g)	
par 1 burger (71 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 6 g	<b>9 %</b>
Saturated / saturés 0.5 g	<b>3 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	<b>0 %</b>
<b>Sodium / Sodium</b> 310 mg	<b>13 %</b>
<b>Carbohydrate / Glucides</b> 13 g	<b>4 %</b>
Fibre / Fibres 6 g	<b>24 %</b>
Sugars / Sucres 0 g	
<b>Protein / Protéines</b> 7 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	10 %

*It's about quality. It's about taste. It's about offering a wide variety of vegan and vegetarian food choices that people love. And it's about time.*

*We've been at this for a good long time – over three decades – and our commitment shows in each and every one of our products.*

*We're dedicated to providing you with mouthwatering choices developed with uncompromising texture and flavor. We started out in 1980 with a passion for providing healthy, great tasting vegan and vegetarian foods and today, that passion is just as strong.*



Your natural source for healthy, delicious vegetarian foods since 1980.