



Nutrition Facts

Serving Size – 1 Burger (89g); Servings Per Container – 2

Amount Per Serving

Calories 190

Calories from Fat 100

% Daily Value

Total Fat 11g **17%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 4g

Vitamin A 8% • Vitamin C 2% • Calcium 2% • Iron 4%


*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Qrunch burgers

		Sunshine	Dr. Praeger's	Morningstar Farms	Gardenburger	Boca Burger	Amy's
Gluten-free	✓	●					●
Cholesterol-free	✓	●	●	●		●	●
Soy-free	✓	●					●
Dairy-free	✓	●	●			●	●
Yeast-free	✓	●	●				●
Nut-free	✓	●	●	●	●		
Corn-free	✓	●			●	●	●
Wheat-free	✓	●					
Egg-free	✓	●	●		●	●	●
Sweetener-free	✓			●			
Light sodium	✓						
Vegan	✓	●	●			●	●
Organic Ingredients	✓	●					●