



AAA HAVREDALS

# 100% PLANT-BASED Burger

MADE WITH FAVA BEANS, PEAS AND OATS



MEATY TEXTURE



NO SOY



RICH IN PROTEIN



NO GLUTEN



JUICY PLANT-BASED PATTIES WITH A TEXTURE AND CONSISTENCY THAT CLOSELY RESEMBLES MEAT, **CREATING AN OPTIMAL BURGER EXPERIENCE**. CAN BE COOKED IN THE DEEP FRYER OR STOVE TOP, AS WELL AS ON A GRIDDLE OR GRILL.

**Ingredients:** Water, Fava Bean Protein, Coconut Fat, Canola Oil, Natural Flavors, Pea Protein, Stabilizer (Methylcellulose), Potato Protein, Gluten-free Oats, Potato Starch, Salt, Beetroot Concentrate, Vinegar, Caramelized Sugar, Acerola Cherry Concentrate.

**CONTAINS: COCONUT.**

**Case pack:**  
28 x 3.88oz / 110g



## Storage

Store in the freezer.

**Shelf-life in freezer:** 12 months.

Do not refreeze after thawing.

**Shelf-life in refrigerator:** 3-5 days.

[havredals.com](http://havredals.com)

[contact@havredals.com](mailto:contact@havredals.com)

Havredals Biodevelop AB, Green Innovation Park, Ulls väg 29C, 756 51, Uppsala

## Nutrition Facts

Serving size 1 patty 3.88oz  
Serving Per Container 28

Amount per serving

**Calories** **251**

% Daily Value\*

|                                |            |
|--------------------------------|------------|
| <b>Total Fat</b> 17.7g         | <b>23%</b> |
| Saturated Fat 8.1g             | <b>40%</b> |
| Trans Fat 0g                   | <b>0%</b>  |
| <b>Cholesterol</b> 0mg         | <b>0%</b>  |
| <b>Sodium</b> 484mg            | <b>21%</b> |
| <b>Total Carbohydrate</b> 7.7g | <b>3%</b>  |
| Dietary Fiber 3.9g             | <b>14%</b> |
| Total Sugars <1g               |            |
| Includes 0g Added Sugars       | <b>0%</b>  |
| <b>Protein</b> 16.7g           | <b>33%</b> |

Vit. D 0mcg 0% • Calcium 13.7mg 1%  
Iron 2mg 11% • Potas. 66.3mg 1%

\*The % Daily Value (DV) 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.

## PREPARATION

### Flattop/Grill:

- Approx 6-8 min from frozen (4-5 thawed), flipping every 2 min; or until golden brown

### Deep Fryer:

- Appox 3-4 min from frozen (2-3 from thawed) or until golden brown

### Smashed:

- From thawed, 2 min per side or until browned and crispy  
Optimal core temperature is 165 °F



AAA HAVREDALS

# 100% PLANT-BASED Chicken Burger

MADE WITH FAVA BEANS, PEAS AND OATS

- CHICKEN TEXTURE
- NO SOY
- RICH IN PROTEIN
- NO GLUTEN



**JUICY PLANT-BASED PATTIES WITH A TEXTURE AND CONSISTENCY THAT CLOSELY RESEMBLES CHICKEN, CREATING AN OPTIMAL BURGER EXPERIENCE. CAN BE COOKED IN THE DEEP FRYER OR STOVE TOP, AS WELL AS ON A GRIDDLE OR GRILL.**

**Ingredients:** Water, Pea Protein, Canola Oil, Fava Bean Protein, Natural Flavors, Stabilizer (Methylcellulose), Potato Starch, Gluten-free Oats, Salt, Vinegar, Spices. **NO ALLERGENS.**

**Case pack:**  
28 x 3.88oz / 110g



## Storage

Store in the freezer.

**Shelf-life in freezer:** 12 months.

Do not refreeze after thawing.

**Shelf-life in refrigerator:** 3-5 days.

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## Nutrition Facts

**Serving size 1 patty 3.88oz**  
Serving Per Container 28

Amount per serving  
**Calories 168**

|                                | % Daily Value* |
|--------------------------------|----------------|
| <b>Total Fat</b> 8.4g          | <b>11%</b>     |
| Saturated Fat 0.8g             | 4%             |
| Trans Fat 0g                   |                |
| <b>Cholesterol</b> 0mg         | <b>0%</b>      |
| <b>Sodium</b> 557mg            | <b>24%</b>     |
| <b>Total Carbohydrate</b> 6.7g | <b>2%</b>      |
| Dietary Fiber 4.1g             | 15%            |
| Total Sugars <1g               |                |
| Includes 0g Added Sugars       | 0%             |
| <b>Protein</b> 16.5g           | <b>33%</b>     |

Vit. D 0mcg 0% • Calcium 16.2mg 1%  
Iron 2.4mg 13% • Potas. 78.1mg 1%

\*The % Daily Value (DV) 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.

## PREPARATION

### Flattop/Grill:

- Approx 6-8 min from frozen (4-5 thawed), flipping every 2 min; or until golden brown

### Deep Fryer:

- Appox 3-4 min from frozen (2-3 from thawed) or until golden brown  
Optimal core temperature is 165 °F



HAVREDALS

# 100% PLANT-BASED Beef Ground

MADE WITH FAVA BEANS, PEAS AND OATS



MEATY TEXTURE



NO SOY



RICH IN PROTEIN



NO GLUTEN



**ADAPTABLE TO ANY OF YOUR BEEF DISHES - SHAPE BALLS, SKEWERS OR PATTIES AS THE BEEF GROUND KEEPS ITS SHAPE. USE AS CRUMBLE TOPPING FOR PIZZAS, PASTAS, TACOS OR INCORPORATE INTO SAUCES AND SOUPS - THE OPTIONS ARE ENDLESS!**

**Ingredients:** Water, Fava Bean Protein, Coconut Fat, Canola Oil, Pea Protein, Natural Flavors, Stabilizer (Methylcellulose), Potato Protein, Potato Starch, Gluten-free Oats, Caramelized Sugar, Salt. **CONTAINS: COCONUT.**

**Case pack:**  
6 x 2.65lbs / 1.2kg



**Roll Pack Case** 9.5"  
**SKU:** 1037  
**NET WT:** 15.9lbs / 7.2kg  
65 (4oz) servings per case

**Case pack:**  
6 x 1.1lbs / 0.5kg



**Brick Pack Case** 7"  
**SKU:** 1015  
**NET WT:** 6.6lbs / 3kg  
27 (4oz) servings per case

## Storage

Store in the freezer. **Shelf-life in freezer:** 12 months.  
Do not refreeze after thawing. **Shelf-life in refrigerator:** 3-5 days.

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## Nutrition Facts

Serving size 2/3 cup (3.88oz)

Amount per serving  
**Calories** **249**

% Daily Value\*

|                                |            |
|--------------------------------|------------|
| <b>Total Fat</b> 17.5g         | <b>22%</b> |
| Saturated Fat 8g               | <b>40%</b> |
| Trans Fat 0g                   | <b>0%</b>  |
| <b>Cholesterol</b> 0mg         | <b>0%</b>  |
| <b>Sodium</b> 396mg            | <b>17%</b> |
| <b>Total Carbohydrate</b> 7.9g | <b>3%</b>  |
| Dietary Fiber 3.9g             | <b>14%</b> |
| Total Sugars <1g               |            |
| Includes 0g Added Sugars       | <b>0%</b>  |
| <b>Protein</b> 16.5g           | <b>33%</b> |

Vit. D 0mcg 0% • Calcium 13.7mg <1%  
Iron 2mg 11% • Potas. 66.3mg <1%

\*The % Daily Value (DV) 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.

## PREPARATION

### For crumbled ground:

- Thaw before use
  - Add to skillet, breaking up with a utensil until crumbles form
  - Continue to cook until browned, 6-8 min, stirring occasionally
- Optimal core temperature is 165 °F*



HAVREDALS

# 100% PLANT-BASED Chicken Ground

MADE WITH FAVA BEANS, PEAS AND OATS

- CHICKEN TEXTURE
- NO SOY
- RICH IN PROTEIN
- NO GLUTEN



**WORKS GREAT IN ANY OF YOUR CHICKEN DISHES - MAKE BALLS, SKEWERS OR PATTIES AS THE CHICKEN GROUND KEEPS ITS SHAPE. OR CRUMBLE AS A TOPPING FOR PIZZAS, PASTAS OR TACOS. MIX UP WITH YOUR FAVORITE SPICES AND HERBS - UNLEASH YOUR CREATIVITY!**

**Ingredients:** Water, Pea Protein, Canola Oil, Fava Bean Protein, Natural Flavors, Stabilizer (Methylcellulose), Potato Starch, Gluten-free Oats, Salt, Vinegar, Spices. **NO ALLERGENS.**

**Case pack:**  
6 x 2.65lbs / 1.2kg 14"



**Roll Pack Case**  
**SKU:** 1034  
**NET WT:** 15.9lbs / 7.2kg  
65 (4oz) servings per case

**Case pack:**  
6 x 1.1lbs / 0.5kg 14"



**Brick Pack Case**  
**SKU:** 1031  
**NET WT:** 6.6lbs / 3kg  
26 (4oz) servings per case

## Storage

Store in the freezer. **Shelf-life in freezer:** 12 months.  
Do not refreeze after thawing. **Shelf-life in refrigerator:** 3-5 days.

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## Nutrition Facts

Serving size 2/3 cup (3.88oz)

Amount per serving  
**Calories 167**

|                                | % Daily Value* |
|--------------------------------|----------------|
| <b>Total Fat</b> 8.5g          | <b>11%</b>     |
| Saturated Fat 0.9g             | 4%             |
| Trans Fat 0g                   | 0%             |
| <b>Cholesterol</b> 0mg         | <b>0%</b>      |
| <b>Sodium</b> 557mg            | <b>24%</b>     |
| <b>Total Carbohydrate</b> 6.7g | <b>2%</b>      |
| Dietary Fiber 4g               | 15%            |
| Total Sugars <1g               | 0%             |
| Includes 0g Added Sugars       |                |
| <b>Protein</b> 16.5g           | <b>33%</b>     |

Vit. D 0mcg 0% • Calcium 16.2mg <1%  
Iron 2.4mg 13% • Potas. 78.1mg <1%

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## PREPARATION

### For crumbled ground:

- Thaw before use
  - Add to skillet, breaking up with a utensil until crumbles form
  - Continue to cook until browned, 6-8 min, stirring occasionally
- Optimal core temperature is 165 °F*