



AAA HAVREDALS

# 100% PLANT-BASED Burger

MADE WITH FAVA BEANS AND OATS



MEATY TEXTURE



NO SOY



RICH IN PROTEIN



NO GLUTEN



JUICY PLANT-BASED PATTIES WITH A TEXTURE AND CONSISTENCY THAT CLOSELY RESEMBLE MEAT, **CREATING AN OPTIMAL BURGER EXPERIENCE**. CAN BE COOKED IN A DEEP FRYER OR FRYING PAN, AS WELL AS ON A GRIDDLE OR BARBECUE.

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



## Storage

Store in the freezer.

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

Do not refreeze after thawing.

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

## Nutrition Facts

Serving size 1 patty 4oz (110g)  
Serving Per Container 28

Amount per serving

**Calories** **248**

% 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> 484mg	<b>21%</b>
<b>Total Carbohydrate</b> 7.6g	<b>3%</b>
Dietary Fiber 3.96g	<b>0%</b>
Total Sugars 0.66g	<b>0%</b>
Includes 0g Added Sugars	
<b>Protein</b> 16.5g	<b>32%</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.

Nutrition panel in process, percentage of daily value to be confirmed.

## PREPARATION

### Fry:

12 minutes from frozen, flip every 3 minutes. 6 minutes from thawed. Flip every other minute.

### Deep Fry:

4-5 minutes from frozen. 2 minutes from thawed. 1.5 minutes smashed. Optimal core temperature is 165 °F

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