



AAA HAVREDALS

100% PLANT-BASED Chicken Burger

MADE WITH PEAS AND OATS



CHICKEN TEXTURE



NO SOY



RICH IN PROTEIN



NO GLUTEN



JUICY PLANT-BASED PATTIES WITH A TEXTURE AND CONSISTENCY THAT CLOSELY RESEMBLE CHICKEN, 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, Pea Protein, Rapeseed Oil, Broad Bean Protein, Natural Flavours, Stabiliser (Methylcellulose), Potato Starch, Gluten-free Oats, Salt, Vinegar, Spices



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 **167**

	% Daily Value*
Total Fat 8.5g	11%
Saturated Fat 0.9g	4%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 557mg	24%
Total Carbohydrate 6.7g	15%
Dietary Fiber 4g	14%
Total Sugars <0.6g	0%
Includes 0g Added Sugars	
Protein 16.5g	32%

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.

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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