



\* Cook to 165 °F

## PLANT-BASED BEEF & CHICKEN PATTIES

### From frozen:

- Approx 6-8 min (or to golden brown) on the flattop or grill, turning every few minutes
- Approx 3-4 min (or to golden brown) in the deep fryer

### Thawed:

- Approx 4-5 min (or to golden brown) on flattop or grill, turning every few minutes
- Approx 2 min (or to golden brown) in the deep fryer

### Smashed:

- Grease flattop
- Using thawed patties, flatten to 1/4" thickness
- Flip after 2 min or when brown & crispy, brown second side



\* Cook to 165 °F

## PLANT-BASED BEEF & CHICKEN GROUND

- Suitable for a variety of cuisines, shapes & dishes: incorporated into sauces, formed into skewers, molded into nuggets, balls, or patties, stuffed into empanadas, dumplings, or tacos... the list goes on!
- Incorporate Havredals into your meat dishes (i.e. 50/50 meatloaf) to encourage partial plant-based eating - not meatless... less meat!

### How to use:

- Thaw product before use
- Treat Havredals plant-based ground products as you would your conventional ground meat
- Add your own ingredients, spices & herbs to make delicious, plant-based creations!

### For crumbled ground:

- Add to skillet, breaking up with a utensil until crumbles begin to form
- Continue to cook until browned, 6-8 minutes, stirring occasionally



Nutrition Facts	
Serving size 2/3 cup (110g)	
Amount per serving	
<b>Calories</b>	<b>249</b>
% Daily Value*	
Total Fat 17.5g	22%
Saturated Fat 8g	40%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 396mg	17%
Total Carbohydrate 7.9g	3%
Dietary Fiber 3.9g	14%
Total Sugars <0.1g	
Includes 0g Added Sugars	0%
<b>Protein 16.5g</b>	<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.	



Plant-Based  
Ground Beef



Plant-Based  
Beef Burger

Nutrition Facts	
Serving size 1 patty 3.88oz	
Serving Per Container 28	
Amount per serving	
<b>Calories</b>	<b>251</b>
% Daily Value*	
Total Fat 17.7g	23%
Saturated Fat 8.1g	40%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 484mg	21%
Total Carbohydrate 7.7g	3%
Dietary Fiber 3.9g	14%
Total Sugars <1g	
Includes 0g Added Sugars	0%
<b>Protein 16.7g</b>	<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.	

Ingredients: Water, Fava Bean Protein, Coconut Fat, Canola Oil, Pea Protein, Methylcellulose, Potato Protein, Gluten-free Oats, Potato Starch, Caramelized Sugar, Natural Flavor, Salt.

Ingredients: Water, Fava Bean Protein, Coconut Fat, Canola Oil, Pea Protein, Methylcellulose, Potato Protein, Gluten-Free Oats, Potato Starch, Beetroot Concentrate, Vinegar, Salt, Caramelized Sugar, Acerola Cherry Concentrate, Natural Flavor.

Nutrition Facts	
Serving size 1 patty 3.88oz	
Serving Per Container 28	
Amount per serving	
<b>Calories</b>	<b>168</b>
% Daily Value*	
Total Fat 8.4g	11%
Saturated Fat 0.8g	4%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 557mg	24%
Total Carbohydrate 6.7g	2%
Dietary Fiber 4.1g	15%
Total Sugars <0.3g	
Includes 0g Added Sugars	0%
<b>Protein 16.5g</b>	<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.	



Plant-Based  
Chicken Burger



Plant-Based  
Ground Chicken

Nutrition Facts	
Serving size 2/3 cup (110g)	
Amount per serving	
<b>Calories</b>	<b>168</b>
% Daily Value*	
Total Fat 8.4g	11%
Saturated Fat 0.8g	4%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 557mg	24%
Total Carbohydrate 6.7g	2%
Dietary Fiber 4.1g	15%
Total Sugars <0.3g	
Includes 0g Added Sugars	0%
<b>Protein 16.5g</b>	<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.	

Ingredients: Water, Pea Protein, Canola Oil, Fava Bean Protein, Methylcellulose, Potato Starch, Gluten-free Oats, Natural Flavor, Salt, Vinegar, Spices.