

# Ope's™



*Fast food the World can live with™*



**100%  
ORGANIC**



## **VEGGIE BURGER PATTIES™**

# **BLACK BEAN**

*By choosing Ope's, you have done something good for yourself and for our planet – thank you! Visit us at [www.opes.biz](http://www.opes.biz) for more information.*

**Nutrition Facts** Serving Size 3.2 oz. (84g), Servings Per Container 4 patties, Amount per serving: Calories 128, Fat Cal 18, Total Fat 2g (4% DV), Sodium 50mg (2% DV), Total Carb. 9.5g (3% DV), Fiber 8.2g (32% DV), Sugars 0g, Protein 18g, Vitamin A (10% DV), Vitamin C (8% DV), Calcium (12% DV), Iron (8% DV). Not a significant source of saturated fat, trans fat, or cholesterol. Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** Organic non GMO textured soy protein, organic grains (brown rice, oats), organic shredded vegetables (carrots, black beans, dried diced onions), organic vegetable gum, organic spices.

**COOKING INSTRUCTIONS:** Microwave 1-1/2 minutes or warm to taste over medium heat in a lightly oiled pan.