

Boca Burger Parmesan

Number of Servings: 1 (167.96 g per serving)

Ingredient	Comments
Vegetarian Meat, beef, ground	Contains: Soy, Wheat, Milk
Cheese, parmesan, grated	
Marinara Sauce	
Cheese, mozzarella, part skim, shredded	

Nutrition Facts	
Serving Size 1 Burger (168g)	
Servings Per Container	
Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Cholesterol 20mg	7%
Sodium 910mg	38%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Sugars 5g	
Protein 27g	
Vitamin A 10%	• Vitamin C 4%
Calcium 30%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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