



MOUNTAIN BURGERS CANADA RESTAURANT

97 KING ST. E
 OSHAWA, ON. L1H 1B8
 905-728-5555

NUTRITION FACTS

12 Burgers Vacuum Sealed Per One 1/4 lb (40z) (112g) Burger		6 Burgers Vacuum Sealed Per One 1/2 lb (8oz) (224g) Burger		6 Burgers Vacuum Sealed Per One 3/4 lb (12 oz) (336g) Burger		4 Burgers Vacuum Sealed Per One 1 lb (16oz) (503.5g) Burger	
Calories	212	Calories	423	Calories	635	Calories	825
Fat	13%	Fat	26%	Fat	39%	Fat	52%
Saturates	23%	Saturates	46%	Saturates	69%	Saturates	91%
Trans 0.5g		Trans 1g		Trans 1.5g		Trans 2g	
Cholesterol 70mg	23%	Cholesterol 140mg	47%	Cholesterol 210mg	70%	Cholesterol 280mg	93%
Sodium 126mg	5%	Sodium 253mg	11%	Sodium 380mg	16%	Sodium 455mg	19%
Carbohydrates 2.5g	1%	Carbohydrates 5g	2%	Carbohydrates 7.5g	3%	Carbohydrates 7.5g	3%
Fibre 0g	0%	Fibre 0g	0%	Fibre 0g	0%	Fibre 0g	0%
Sugars 0g	0%	Sugars 0g	0%	Sugars 0g	0%	Sugars 0g	0%
Protein 30g		Protein 50g		Protein 75g		Protein 97g	
Potassium 391mg	9%	Potassium 783mg	17%	Potassium 1175mg	25%	Potassium 1540mg	33%
Calcium 13mg	1%	Calcium 26mg	2%	Calcium 39mg	3%	Calcium 52mg	4%
Iron 3mg	17%	Iron 6mg	34.9%	Iron 9mg	52.8%	Iron 12mg	69.8%
Ingredients: Lean Beef, mixed amount of egg, cracker, spices		Ingredients: Lean Beef, mixed amount of egg, cracker, spices		Ingredients: Lean Beef, mixed amount of egg, cracker, spices		Ingredients: Lean Beef, mixed amount of egg, cracker, spices	
Net Weight 3 lbs, 48oz, 1360g		Net Weight 3 lbs, 48oz, 1360g		Net Weight 4.5 lbs, 72oz, 2041g		Net Weight 4 lbs, 64oz, 1814g	