

Nutrition Facts

Aldo's Black Bean Burger

Amount Per Serving

Calories 433.3

Calories from Fat 175.9

% Daily Value*

Total Fat 20.1g **31%**

Saturated Fat 2.6g **13%**

Trans Fat 0g

Cholesterol 10.4mg **3%**

Sodium 1768.6mg **74%**

Total Carbohydrates 50g **17%**

Dietary Fiber 7.4g **30%**

Sugars 8g

Protein 19.3g

Vitamin A **0%**

Vitamin C **0%**

Calcium **15%**

Iron **14%**

Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.