

**7g. Net
Carbs**

**7g. of
Protein**

The word 'CRUZ' is written in large, colorful, stylized letters. The 'C' is yellow with black dots, 'R' is orange, 'U' is red with yellow dots, and 'Z' is purple with yellow dashed lines. The background is white with various food icons: mushrooms, tomatoes, avocados, and other vegetables in various colors and styles.

CRUZ

BURGERS

MADE FROM

**150
Calories**

MUSHROOMS

**2 4OZ (113G) BURGERS
NET WT. 8OZ (226G)**

**COOK FROM
FROZEN**



Nutrition Facts

2 servings per container
Serving size
1 patty (113g)

Calories per serving **150**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6g	8%	Total Carbohydrate 16g	6%
Saturated Fat 1g	5%	Dietary Fiber 9g	32%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Includes 1g Added Sugars	2%
Sodium 600mg	26%	Protein 7g	
Vitamin D 0mcg 0% • Calcium 58mg 4% • Iron 2mg 10% Potassium 400mg 8%			

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.

INGREDIENTS: Water, mushrooms, onion, pea protein, chia seeds, methylcellulose, olive oil, smoked paprika, BBQ sauce (brown sugar, tomato paste, water, distilled vinegar, sugar, contains 2% or less of the following: salt, tamarind extract, ground chili pepper, mustard flour, natural smoke flavor, molasses, ground red pepper, garlic powder, spices, minced garlic, onion powder), nutritional yeast, BBQ rub (hydrated garlic and onion spices, chili pepper, smoked paprika, mustard flour, chipotle, chili pepper, celery seed, cilantro), organic vegetable base (vegetables* and vegetable juice concentrate* (carrots*, celery*, onion*, tomato*), salt, cane sugar*, maltodextrin*, food starch*, yeast extract, onion powder*, garlic powder*, spices*) sugar.

*Organic

HOW TO PREPARE: Must store in the freezer until ready to cook. Use a stove or frying pan. Lightly brush or spray oil on the pan and burger patty. **For a stove: preheat a cast iron pan at broil.** Use middle stove rack. Place frozen patty in the pan for about **5 minutes on each side.** **For a frying pan: preheat your pan to medium-high on the stovetop** and then place the frozen patty in the pan for about **5 minutes on each side.** Cook to an internal temperature of 165 degrees. Patty is done when brown and firm in the center on both sides. No additional seasoning is needed. Best eaten when hot.

Keep frozen.

Manufactured By:

Mushroom Angel LLC
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Made in Detroit, Michigan
 For more information, contact
 us at cruzburgers.com.



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CRUZBURGERS.COM



GLUTEN-FREE, SOY-FREE & KID-FRIENDLY

OLD SCHOOL VEGGIE BURGER, NEW SCHOOL FLAVOR.

What does that mean?

The Cruz Burger cuts like a real burger, bites like a real burger, but tastes like a veggie burger. We're the best of both worlds. Grab a box and taste the flavor for yourself. You're now apart of a community who's committed to impacting locally and building globally.

www.cruzburgers.com

OUR STORY

HEALTH IS A JOURNEY

Cruz Burgers was inspired by a Daniel's Fast while traveling in Malawi. After our family removed meat from our diet and ate vegetables for months, we began cooking recipes with mushrooms as an alternative. Even though we all have different taste palettes, we transitioned to a plant-based diet together. The English word for Cruz translates to "Cross". We are a cross burger, a place where people can cross paths - vegans, vegetarians, meat lovers alike, can sit at the same table and enjoy the same meal.

