|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Impossible** | **Beyond** | **Uncut** | **Awesome** | **LightLife** | **FieldBurger** | **MorningStar Incogmeato** | **85% lean beef** |
| Calories | 240 | 260 | 260 | 280 | 250 | 240 | 250 | 240 |
| Protein (g) | 19 | 20 | 19 | 25 | 20 | 21 | 21 | 21g |
| Fat (g) | 14 | 18 | 17 | 16 | 17 | 12 | 18 | 17 |
| Saturated (g) | 8 | 5 | 9 | 8 | 5 | 4 | 5 | 7 |
| Trans Fat (g) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1.5 |
| Cholesterol (mg) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 80 |
| Total Carbos (g) | 9 | 5 | 8 | 9 | 6 | 12 | 12 | 0 |
| Fiber (g) | 3 | 2 | 6 | 2 | 1 | 2 | 8 | 0 |
| Sugar (g) | <1 | 0 | 0 | 1 | <1 | 0 | 1 |  |
| Sodium (mg) | 370 | 350 | 260 | 360 | 390 | 610 | 370 | 754 |
| Potassium (mg) | 610 | 280 | 560 | 350 | 370 | 220 | 620 | 330 |
| Phosphorous % | 15 |  |  |  |  |  |  |  |
| Iron (mg) | 4.2 | 4.0 | 3 | 4.2 | 4.2 | 1.4 | 4 | 1.2 |
| Calcium (mg) | 170 | 100 | 115 | 150 | 20 | 30 | 170 | 20 |
| D (mcg) | 0 | 0 | 0 | 0.1 | 0 | 0 | 0 |  |
| Thiamine % | 2350 |  |  |  |  |  | 90 |  |
| Niacin % | 50 |  |  |  |  |  |  |  |
| Folate % | 30 |  |  |  |  |  |  |  |
| Riboflavin % | 15 |  |  |  |  |  |  |  |
| B12 (mg) or % | 130% |  |  |  |  |  | 100 | 90% |
| B6 % | 20 |  |  |  |  |  |  |  |
| GMO | yes | none | none | none | none | none | none |  |

Nutritional content of pre-shaped plant-based burgers based on serving size of one 4 oz patty (92-120 grams), no bun.