

# Nutrition Information for Popular Plant-Based Burger Brands

BURGER BRAND	CALORIES PER SERVING (1 PATTY)	TOTAL FAT	SATURATED FAT	SODIUM	PROTEIN
Amy's California Veggie Burger	150	4.5 g	0.5 g	540 mg	6 g
Beyond Burger	270	20 g	5 g	380 mg	20 g
Boca All American Veggie Burger	100	4 g	1 g	350 mg	13 g
Dr. Praeger's All American Veggie Burger	240	11 g	2 g	460 mg	28 g
Engine 2 Poblano Black Bean Burger	140	2 g	0 g	130 mg	6 g
Gardein Garden Veggie Burger	130	4.5 g	0 g	330 mg	4 g
Gardenburger The Original Veggie Burger	110	3 g	1.5 g	490 mg	5 g
Hilary's World's Best Veggie Burger	190	7 g	5 g	350 mg	4 g
Impossible Burger	240	14 g	8 g	370 mg	19 g
Morningstar Farms Garden Veggie Burger	110	4.5 g	0.5 g	390 mg	11 g
Trader Joe's Quinoa Cowboy Veggie Burger	180	8 g	1 g	280 mg	5 g
Whole Foods 365 Meatless Burger	120	4.5 g	0 g	300 mg	11 g

— SOURCE: COMPANY WEBSITES