

Delivering a healthful profile compared to other plant-based & conventional meats



	Total ingredients	Non-GMO	Gluten Free	Calories	Total Fat	Saturated Fat	Sodium	Dietary Fiber	Protein
	10	YES	YES	160	3g	0g	260_{mg}	9g	23g
Ground Beef 80/20	NA	?	YES	287	23g	8.6g	75 _{mg}	0g	19g
Plant-Based Burger #1	21	NO	NO	240	14g	8g	370 _{mg}	3g	19g
Plant-Based Burger #2	22	YES	YES	260	18g	5g	350 _{mg}	2g	20g

4oz patty comparison

* Beef nutritional sourced from: https://www.nutritionvalue.org/Beef%2C_raw%2C_80%25_lean_meat_%252F_20%25_fat%2C_ground_nutritional_value.html