

Protein Comparison Chart

	Serving Size	Calories	Protein g	Fat g	Saturated Fat g	Sodium mg	Fiber g	cost per ounce
Seitan	100 grams	370	75	2	0.3	29	0.5	0.81
Chicken, breast	1 each, 4 ounces	198	37	4	1	89	0	0.41
Turkey	4 ounces	214	32	8.4	2.4	117	0	0.51
Tuna	3 ounces	111	25	0.5	0.2	46	0	0.20
Beef, lean	3 ounces	196	24	10	4	74	0	0.68
Pork	3 ounces	202	22	12	4	48	0	0.43
Salmon	100 grams	210	20	13	3	53	0	0.8
Lentils	1 cup	230	18	0.8	0.1	4	16	0.20
Split peas cooked	1 cup	231	16	0.8	0.1	3	16	0.14
Kidney beans	1 cup	225	15	0.9	0.1	1.8	11	0.06
Black Beans	1 cup	241	15	0.7	0.2	5	15	0.06
Farro cooked	1 cup	337	15	2	0.2	5	11	0.31
Eggs	2 large	144	12	9.5	3.2	142	0	0.20
Tempeh	2 ounces	110	11	6	2	8	0	0.44
Tofu	3 ounces	76	9	4.8	0.8	3	0.9	0.11
Peanut butter	2 tablespoons	188	7	16	3	152	1.8	0.12
Jackfruit	1 can	70	4	0	0	900	7	0.25
Walnuts	1 ounce	182	4	18	1.7	0	2	0.37

Notes: store brands were used for cost, cost on beans is canned while lentils and split peas are dried.

Sources: manufacturer's data, USDA Handbook 8.

Comparing Plant Based Burger Patties to Real and Processed Meat Counterparts

	calories	fat (g)	sodium (mg)	saturated fat (g)	protein (g)	cost per serving
Salmon Patty Costco	170	9	330	1	20	\$1.66
Impossible Chicken Patties	180	9	350	1.5	10	\$2.00
Real Ground Chicken	180	9	125	2	22	\$2.00
BK Crispy Chicken	200	13	820	3	17	\$6.79
Chicken Patty	220	14	440	3	9	\$1.00
Beyond Burger	230	14	390	5	20	\$3.20
Impossible Burger	230	13	370	6	19	\$3.75
Impossible Chicken Nuggets	240	12	480	1.5	13	\$2.22
Real Beef Burger Patty	430	35	90	15	26	\$2.00

Source: Manufacturer's data

Does it surprise you that the salmon patty has the least amount of calories for 20 grams of protein, along with the lower cost?

Taking a look at our burger comparison chart, there are a few notes.

- Plant based items are lower in protein and higher in sodium than their meat counterparts.
- Chicken and fish are lower in calories and fat as compared to beef.
- Fast food packs a sodium punch and has a significant cost increase.
- Making your own patty from ground chicken or beef is a better idea than buying patties that have added salt and fat.
- The Impossible and Beyond brand products are similar in calories and fat but lower in protein compared to animal products.
- It is helpful to compare nutrition facts across brands when purchasing items.
- Frozen patties can make great emergency meals since they are shelf stable.