

The Meatless Market

Best Bites (✓✓) have at least 10 grams of protein. **Honorable Mentions** (✓) have no protein minimum. Both have no more than 400 milligrams of sodium and 2.5 grams of saturated fat, and are free of food dyes. Best Bites for breakfast meats (which are smaller) have at least 5 grams of protein and no more than 250 mg of sodium. Within each category, products are ranked from least to most saturated fat, then sodium, then most to least protein, then least to most calories. We adjusted some serving sizes for consistency, so numbers may not match what's on packages.

Burgers (1 patty—about 2.5 oz., unless noted)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
✓ Trader Joe's Thai Sweet Chili	150	0	270	8
✓✓ Gardein The Ultimate Beefless (3 oz.)	130	0	320	14
✓ Gardein Garden Veggie (3 oz.)	130	0	330	4
✓ Gardenburger Black Bean Chipotle	90	0	390	5
✓ Dr. Praeger's ¹	120	0.5	240	4
✓ Amy's Organic California Light in Sodium	150	0.5	270	6
✓ Amy's Organic Black Bean	130	0.5	300	6
✓✓ 365 (Whole Foods) Plant-Based ¹	150	0.5	360	13
✓✓ Hodo Tofu Veggie (4 oz.)	190	0.5	390	19
✓✓ MorningStar Farms Grillers Original	130	0.5	390	16
✓ Trader Joe's Vegetable Masala	140	0.5	390	2
✓ Trader Joe's Quinoa Cowboy (3.2 oz.)	180	1	280	5
✓✓ MorningStar Farms—Garden Veggie, Mediterranean Chickpea, or Tomato & Basil Pizza Burger ¹	120	1	330	11
✓✓ Boca All American	100	1	350	13
✓ MorningStar Farms—Roasted Garlic & Quinoa, Spicy Black Bean, Spicy Indian Veggie, or White Bean Chili ¹	130	1	360	8
✓✓ MorningStar Farms Grillers Prime	150	1	400	16
MorningStar Farms Veggie Lovers (4 oz.)	160	1	440	9
Dr. Praeger's Pure Plant Protein (4 oz.) ¹	260	2	490	24
Lightlife Plant-Based (4 oz.)	270	2.5	540	20
MorningStar Farms Meat Lovers (4 oz.)	280	2.5	580	27
Field Roast FieldBurger (3.2 oz.)	290	5	440	25
Beyond Meat Beyond Burger (4 oz.)	250	6	390	20
Impossible Burger (4 oz.)	240	8	370	19

"Chick'n" Patties (1 patty—about 2.5 oz., unless noted)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Quorn Meatless	130	0	290	8
✓✓ Gardein Chick'n Scallopini	110	0	350	11
✓✓ Gardein Chick'n (3.1 oz.)	170	0.5	310	13
365 (Whole Foods) Chickenless	150	0.5	410	11
Boca Original Chik'n	130	0.5	640	11
✓ MorningStar Farms Buffalo Chik	160	1	320	9
✓ MorningStar Farms Original Chik	170	1	320	9

Strips, Tenders, etc. (No. closest to 3 oz., unless noted)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
✓✓ Gardein Seven Grain Crispy Tenders (3)	140	0	350	11
✓✓ MorningStar Farms Pulled Pork (1 cup)	130	0	390	23
MorningStar Farms Chik'n Strips (12)	140	0	410	23
Gardein Teriyaki Chick'n Strips (3.5 oz. with sauce)	160	0	520	13
✓✓ Gardein Chick'n Strips (NA)	120	0.5	280	13
✓ Gardein Crabless Cakes (3)	140	0.5	330	9
✓✓ Gardein Chick'n Nuggets (5)	190	0.5	340	14
✓✓ Gardein Beefless Tips (2/3 cup)	140	0.5	350	14
Quorn Meatless Nuggets (4)	190	0.5	420	10
✓ Gardein Fishless Filets (2)	180	1	350	9
✓✓ MorningStar Farms Chik'n Nuggets (4)	200	1.5	370	12

Meatballs (No. closest to 3 oz.)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
365 (Whole Foods) (6)	170	0	560	18
Lightlife Smart Menu (3)	100	0	600	13
✓✓ Gardein Classic (3)	150	0.5	380	14
Amy's Veggie (8)	200	0.5	550	14

Crumbles (3 oz.)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
✓✓ Boca Original Veggie	90	0	310	16
✓✓ Gardein The Ultimate Beefless Ground	110	0	340	18
✓✓ Beyond Meat Beyond Beef Beefy	140	0	370	19
✓✓ Beyond Meat Beyond Beef Feisty	140	0	390	20
MorningStar Farms Chipotle Black Bean	110	0	430	12
Lightlife Smart Ground Original	120	0	530	17
MorningStar Farms Chorizo	160	1.5	610	13
✓✓ Lightlife Plant-Based Ground	200	2	400	15
Trader Joe's Soy Chorizo	190	2.5	870	13
Beyond Meat Beyond Beef Plant-Based Ground	190	4.5	290	15

Dinner Sausage (1 link—about 3 oz., unless noted)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Tofurky (3.5 oz.) ¹	260	1	520	23
Trader Joe's Italian Sausage-less	140	1	560	13
Lightlife Smart Sausages ¹	150	1.5	530	14
Field Roast (3.2 oz.) ¹	230	1.5	590	25
Beyond Meat Beyond Sausage (2.7 oz.) ¹	190	5	500	16
Lightlife Plant-Based Sausage ¹	220	6	520	17

Hot Dogs (weight of 1 link)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
✓ Lightlife Smart Dogs (1.5 oz.)	50	0	330	7
Worthington Deli Dog (1.4 oz.)	90	1	470	6
Field Roast Frankfurters (2.7 oz.)	200	2.5	710	21

Breakfast Sausage (weight of 1 patty or 2 links)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
✓✓ 365 (Whole Foods) patties (1.3 oz.)	70	0	160	7
✓ Amy's links (1 oz.)	70	0	160	4
✓✓ MorningStar Farms Hot & Spicy patties (1.3 oz.)	70	0	230	9
✓✓ Trader Joe's patties (1.2 oz.)	80	0	230	7
✓✓ MorningStar Farms Maple patties (1.3 oz.)	80	0	250	8
MorningStar Farms Original patties (1.3 oz.)	70	0	260	9
Field Roast Apple Maple links (1.6 oz.)	100	0	320	10

Bacon Strips (weight of 2 strips)	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Lightlife Smart Bacon (0.7 oz.)	40	0	300	4
✓ Tofurky Smoky Maple Bacon Treehouse Tempeh (1 oz.)	50	0.5	120	4
MorningStar Farms (0.6 oz.) ^D	60	0.5	230	2
Lightlife Organic Smoky Tempeh (1.3 oz.)	70	0.5	330	6

✓✓ Best Bite. ✓ Honorable Mention. ¹ Average of the entire line or the varieties listed. NA Number not available. ^D Contains food dyes.

Daily Values (DVs): Saturated Fat: 20 grams. Sodium: 2,300 milligrams.

Daily Protein Target: 85 grams.

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