

VEGGIE BURGER BRAND	STYLE	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Allergen
Amy's	All American (vegan)	120	3 g	0 g	0 mg	390 mg	15 g	3 g	2 g	10 g	nuts, soy, wheat
Boca	All American Classic	140	5 g	1.5 g	5 mg	500 mg	9 g	4 g	1 g	15 g	soy, dairy, eggs, wheat
Boca	Original Vegan (vegan)	70	0.5 g	0 g	0 mg	280 mg	6 g	4 g	0 g	13 g	soy, wheat
Dr. Praeger	California (vegan)	110	4.5 g	0.5 g	0 mg	250 mg	13 g	4 g	1 g	5 g	soy
Garden Burger	The Original	100	3 g	1 g	10 mg	400 mg	18 g	5 g	<1 g	5 g	soy, dairy, wheat
Garden Burger	Garden Vegan (vegan)	80	1 g	0 g	0 mg	270 mg	12 g	4 g	0 g	9 g	soy, wheat
MorningStar Farms	Grillers Original	130	6 g	1 g	0 mg	260 mg	5 g	2 g	<1 g	15 g	soy, dairy, eggs, wheat
MorningStar Farms	Garden Veggie Patties	110	3.5 g	0.5 g	0 mg	350 mg	9 g	3 g	1 g	10 g	soy, dairy, eggs, wheat
Yves	Meatless Beef Burger (vegan)	110	4 g	0 g	0 mg	440 mg	8 g	2 g	<1 g	14 g	soy, wheat
MEAT BURGER	STYLE	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Allergen
USDA Beef Burger (20% fat)	1 patty, broiled 2.7 ounces	209	13.7 g	5.2 g	70 mg	58 mg	0 g	0 g	0 g	19.8 g	
USDA Beef Burger (5% fat)	1 patty, broiled 2.9 ounces	140	5.4 g	2.4 g	62 mg	53 mg	0 g	0 g	0 g	21.6 g	
USDA Turkey Burger (8% fat)	1 patty, broiled 2.9 ounces	193	10.8 g	2.8 g	84 mg	88 mg	0 g	0 g	0 g	22.4 g	

VEGGIE HOT DOG BRAND	STYLE	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Allergen
Lightlife	Smart Dog (vegan)	45	0 g	0 g	0 mg	310 mg	2 g	1 g	1 g	8 g	soy, wheat
MorningStar Farms	Veggie Dog	50	0.5 g	0 g	0 mg	410 mg	5 g	<1 g	2 g	7 g	soy, dairy, eggs, wheat
Yves	Good Dog (vegan)	70	3.5 g	0 g	0 mg	430 mg	1 g	0 g	<1 g	8 g	soy, wheat
Yves	Meatless Hot Dog (vegan)	50	0.5 g	0 g	0 mg	400 mg	2 g	0 g	<1 g	10 g	soy, wheat
MEAT HOT DOG BRAND	STYLE	Calories	Total Fat	Sat. Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Allergen
Ball Park	Frank	180	16 g	6 g	45 mg	550 mg	4 g	0 g	2 g	6 g	
Oscar Meyer	98% Fat Free Weiner	40	0.5 g	0 g	15 mg	470 mg	3 g	0 g	1 g	5 g	
Oscar Meyer	Turkey Frank	100	8 g	2.5 g	30 mg	510 mg	2 g	0 g	1 g	5 g	