

VEGAN Meat

By Anne Custer

ALTERNATIVES

Supplemental charts in addition to the article in Vegetarian Journal Issue 1 2016

Sausage	Serving Size	Calories Per Serving (g)	Protein Per Serving (g)	Fat Per Serving (g)	Carbohydrates Per Serving (g)	Saturated Fat Per Serving (g)	Iron Per Serving (mg)
365 Everyday Value Meatless Breakfast Patties	1 patty, 38 grams	60	6	3	4	0	1.08
Field Roast Apple Maple Breakfast Sausage	2 sausages, 44 grams	100	10	3.5	7	0	1.08
Field Roast Italian Grain Meat Sausage	1 sausage, 92 grams	240	25	10	11	1	1.8
Field Roast Mexican Chipotle Grain Meat Sausage	1 sausage, 92 grams	250	23	12	12	1	1.8
Field Roast Smoked Apple Sage Grain Meat Sausage	1 sausage, 92 grams	240	26	10	11	1	1.8
Gardein Sausage Breakfast Patties	1 patty, 52 grams	90	9	4.5	5	0	1.08
Lightlife Gimme Lean Meatless Sausage	2 ounces, 56 grams	60	7	0	7	0	1.08
SoL Cuisine Sausage Breakfast Patties	1 patty, 38 grams	60	7	2	3	0	1.08
Tofurky Andouille Artisan Sausage	3.5 ounces, 100 grams	270	29	12	12	1	2.16
Tofurky Beer Brats Gourmet Sausage	3.5 ounces, 100 grams	260	27	13	8	1	1.8
Tofurky Chick'n and Apple Artisan Sausage	3.5 ounces, 100 grams	260	29	12	11	1	1.8
Tofurky Italian Gourmet Sausage	3.5 ounces, 100 grams	270	29	13	12	1.5	2.7
Tofurky Kielbasa Gourmet Sausage	3.5 ounces, 100 grams	240	26	12	8	1	.36
Tofurky Sausage Breakfast Links	1.6 ounces, 45 grams	120	10	6	6	0	.72
Tofurky Spinach Pesto Artisan Sausage	3.5 ounces, 100 grams	260	26	12	13	1	2.88
Yves Sausage Breakfast Patties	2 patties, 57 grams	80	11	2	4	0	2.7

Poultry	Serving Size	Calories Per Serving (g)	Protein Per Serving (g)	Fat Per Serving (g)	Carbohydrates Per Serving (g)	Saturated Fat Per Serving (g)	Iron Per Serving (mg)
Beyond Meat Feisty Buffalo Poppers	6 poppers, 85 grams	210	13	10	16	1	1.8
Beyond Meat Grilled Strips	6 strips, 85 grams	120	20	5	3	0	3.6
Beyond Meat Home-style Tenders	3 tenders, 85 grams	220	13	11	15	1	2.7
Beyond Meat Lightly Seasoned Strips	6 strips, 85 grams	120	20	5	3	0	3.6
Beyond Meat Sesame Ginger Poppers	6 poppers, 85 grams	210	13	10	16	1	2.7
Beyond Meat Southwest Style Strips	6 strips, 85 grams	120	20	3	6	0	3.6
Beyond Meat Southwest Style Tenders	3 tenders, 85 grams	220	13	11	15	1	2.7
Boca Original Chick'n Veggie Nuggets	87 grams	180	14	7	17	1	1.44
Boca Spicy Chick'n Veggie Patties	71 grams	160	11	6	15	1	1.8
Field Roast Coconut Breaded Cutlets	3.8 ounces, 108 grams	235	16	5	32	4	3.06
Field Roast Hazelnut Herb Breaded Cutlets	3.8 ounces, 108 grams	206	17	5	24	0	3.6
Field Roast Sunflower Country-Style Breaded Cutlets	3.8 ounces, 108 grams	206	18	2	29	2	3.06
Gardein Chipotle Lime Crispy Fingers	2 pieces, 90 grams	200	15	9	16	0.5	2.7
Gardein Crispy Chick'n Patty	1 patty, 88 grams	160	13	7	12	0.5	1.8
Gardein Crispy Chick'n Sliders	1 slider, 80 grams	180	10	5	25	0.5	1.44
Gardein Lightly Seasoned Chick'n Scallopini	1 piece, 71 grams	120	14	6	5	0	1.44
Gardein Mandarin Orange Crispy Chick'n	76 grams	150	17	7	6	0	3.6
Gardein Seven Grain Crispy Tenders	2 pieces, 51 grams	100	8	4.5	8	0	1.08
Gardein Sweet and Tangy BBQ Wings	4 wings, 72 grams	120	14	5	5	0	1.8
Gardein Teriyaki Chick'n Strips	75 grams	120	15	5	4	0	1.8
Gardein Zesty Marinara Crispy Chick'n Fillets	2 fillets, 125 grams	240	22	9	19	0.5	1.8
Lightlife Smart Chick'n Strips	3 ounces, 84 grams	80	14	0	5	0	1.8
MorningStar Griller Chick'n Veggie Patty	1 patty, 67 grams	80	9	3	7	0	1.08
Simply Balanced Korean Barbeque Meatless Chicken	3/4 cup	170	15	4.5	16	0	0
Simply Balanced Smoky Chipotle Meatless Chicken	3/4 cup	110	13	3.5	7	0	0
Simply Balanced Teriyaki Meatless Chicken	3/4 cup	130	15	3	11	0	0
Tofurky BBQ Slow Roasted Chick'n	3.2 ounces, 91 grams	200	23	5	14	0.5	1.8
Tofurky Sesame Garlic Slow Roasted Chick'n	3.2 ounces, 91 grams	210	23	9	10	1	1.44
Tofurky Tandoori Slow Roasted Chick'n	3.2 ounces, 91 grams	180	23	6	9	0.5	1.8
Tofurky Thai Basil Slow Roasted Chick'n	3.2 ounces, 91 grams	190	23	7	10	0.5	1.8
Tofurky Lightly Seasoned Slow Roasted Chick'n	3.2 ounces, 91 grams	320	23	22	7	2	1.44

Upton's Naturals Chick Seitan	2 ounces, 57 grams	100	15	1.5	7	0	n/a
Vegetarian Plus Black Pepper Chicken Tenders	2.5 ounces	210	11	15	7	2.5	1.8
Vegetarian Plus Chicken Drumsticks	2.5 ounces	150	15	8	4	1	1.44
Vegetarian Plus Chicken Steaks	2.5 ounces	220	13	14	9	2.5	1.8
Vegetarian Plus Chicken Strips	2.5 ounces	150	13	8	7	1.5	1.44
Vegetarian Plus Ginger Vegan Chicken	2.5 ounces	230	12	12	18	3	1.8
Vegetarian Plus Korean Sesame Vegan Chicken	2.5 ounces	200	12.5	11	13	2	2.25
Vegetarian Plus Kung Pao Vegan Chicken	2.5 ounces	210	13	7	23	2	1.44
Vegetarian Plus Non Breaded Chicken Nuggets	2.5 ounces	210	13	13	9	2	1.8
Vegetarian Plus Orange Vegan Chicken	2.5 ounces	130	7	5	13	1	1.08
Vegetarian Plus Teriyaki Vegan Chicken	2.5 ounces	220	12	14	13	2.5	1.8
Vegetarian Plus Tikka Masala Vegan Chicken	2.5 ounces	90	6	5	4	0.5	1.08
Vegetarian Plus Vegan Half Chicken	2.5 ounces	140	12	8	4	1.5	1.44
WestSoy Chicken Style Seitan	1 piece	110	20	2	4	0	1.08
Yves Meatless Chicken Burger	1 patty, 75 grams	100	15	3	5	0	3.6

Bacon	Serving Size	Calories Per Serving (g)	Protein Per Serving (g)	Fat Per Serving (g)	Carbohydrates Per Serving (g)	Saturated Fat Per Serving (g)	Iron Per Serving (mg)
Lightlife Smart Bacon	1 slice, 10 grams	20	2	1	0	0	0
Tofurky Smoked Maple Bacon Marinated Tempeh	7 slices, 87 grams	130	12	1	17	0.5	1.8
Upton's Natural Bacon Seitan	2 ounces, 57 grams	100	15	1.5	7	0	0
Yves Meatless Canadian Bacon	3 slices, 57 grams	80	17	0.5	2	0	4.5