

Pass the Plants

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 have at least 5 grams of protein and no more than 250 mg of sodium and 1 gram of sat fat. Within each category, products are ranked from least to most sat 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 packages.

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Burgers (weight of 1 patty)				
✓✓ Whole Foods 365 Plant-Based—Smoky & Spicy or Traditional (2.5 oz.) ¹	90	0	320	11
✓✓ Gardein Plant-Based Be'f (3 oz.)	130	0	340	14
✓ Gardein Garden Veggie (3 oz.)	110	0	370	4
✓ Gardein Chipotle Black Bean (3 oz.)	150	0	380	5
✓ Dr. Praeger's—Asian, Black Bean Quinoa, California, Heirloom Bean, Korean, Mushroom Risotto, or Tex Mex (2.5 oz.) ¹	140	0.5	260	4
✓✓ MorningStar Mediterranean Chickpea (2.4 oz.)	120	0.5	280	11
✓ Amy's Organic Black Bean (2.5 oz.)	130	0.5	300	6
✓ MorningStar Spicy Black Bean (2.4 oz.)	110	0.5	320	9
✓✓ MorningStar Original Grillers (2.3 oz.)	130	0.5	390	16
✓✓ MorningStar Garden Veggie (2.4 oz.)	110	0.5	390	11
Gardein Ultimate Black Bean (4 oz.)	170	0.5	430	9
Amy's Organic California (2.5 oz.)	150	0.5	550	6
✓✓ Dr. Praeger's Kale (2.5 oz.)	150	1	260	10
✓✓ Dr. Praeger's Super Greens (2.5 oz.)	160	1	260	10
✓✓ Whole Foods 365 Plant-Based Patties (4 oz.)	210	1	350	20
✓✓ MorningStar Prime Grillers (2.5 oz.)	150	1	400	16
✓✓ MorningStar Tomato Basil Pizza (2.4 oz.)	120	1.5	330	11
Trader Joe's Turkeyless (4 oz.)	240	1.5	420	23
✓✓ Dr. Praeger's Perfect Burger (4 oz.)	230	2	380	20
MorningStar Incogmeato Patties (4.2 oz.)	250	5	370	21
Beyond Meat Beyond Burger (4 oz.)	230	5	390	20
Lightlife Plant-Based (4 oz.)	250	5	390	20
Beyond Meat Cookout Classic (4 oz.)	290	7	340	18
Impossible Burger Patties (4 oz.)	240	8	370	19
Gardein Ultimate Plant-Based (4 oz.)	210	9	450	20

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Chick'n Patties (weight of 1 patty)				
✓✓ Gardein Chick'n Scallopini (2.5 oz.)	110	0	360	11
✓✓ Gardein Crispy Chick'n (3.1 oz.)	150	0.5	350	12
✓✓ Whole Foods 365 Chicken-Style (2.5 oz.)	130	0.5	380	11
✓ MorningStar Buffalo Chik (2.5 oz.)	170	1	260	9
✓ MorningStar Original Chik (2.5 oz.)	160	1	280	9

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Strips, Tenders, etc. (No. closest to 3 oz.)				
✓✓ Gardein Seven Grain Crispy Tenders (3)	140	0	350	11
✓✓ No Evil Comrade Cluck (3 oz. shreds)	180	0	400	30
✓ Gardein Mini Cr'b Cakes (3)	140	0.5	330	9
✓✓ Gardein Be'f Tips (8)	140	0.5	350	14
✓✓ Gardein Chick'n Strips (6)	130	0.5	370	15
✓✓ MorningStar Chik'n Nuggets (4)	190	1	300	13
✓✓ MorningStar Incogmeato Chik'n Nuggets (4)	180	1	310	12
✓ Gardein F'sh Filets (2)	200	1	360	9
Gardein Ultimate Plant-Based Chick'n Tenders (2)	220	1	560	15
✓✓ Dr. Praeger's Classic Chick'n Tenders (3)	200	1.5	400	15

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Meatballs (No. closest to 3 oz.)				
✓✓ Gardein Classic Meatless (3)	150	0.5	380	14
Trader Joe's Meatless (6)	150	0.5	490	15
✓✓ MorningStar (5)	150	1	360	15
Whole Foods 365 Plant-Based (6)	170	1	450	13
Beyond Meat Italian Style (4)	230	6	400	15

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Grounds & Crumbles (3 oz.)				
✓✓ Beyond Meat Crumbles ¹	140	0	190	22
✓✓ Lightlife Smart Ground—Original or Mexican	110	0	260	15
✓✓ MorningStar Chipotle Black Bean	110	0	310	12
✓✓ MorningStar Grillers Crumbles	110	0	320	15
✓✓ Gardein Ground Be'f	120	0	360	18
✓✓ Whole Foods 365 Plant-Based Ground	160	1	260	15
✓✓ Dr. Praeger's Perfect Ground	170	1.5	290	15
MorningStar Incogmeato Ground	200	3	300	15
Beyond Meat Plant-Based Ground	170	4	290	15
Impossible Burger, ground	180	6	280	14

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Dinner Sausage (weight of 1 link)				
✓✓ Sweet Earth—Chik'n Apple, Chorizo-Style, or Ginger-Scallion (3.2 oz.) ¹	170	1	380	14
✓✓ MorningStar Incogmeato Original Bratwurst (2.8 oz.)	160	1.5	370	14
Beyond Meat Beyond Sausage (2.7 oz.) ¹	190	5	500	16

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Hot Dogs (weight of 1 link)				
✓ Lightlife Smart Dogs (1.5 oz.)	50	0	260	7
MorningStar Veggie Dogs (1.4 oz.) ^D	50	0	430	7
✓ Field Roast Signature Stadium (1.7 oz.)	110	0.5	310	5
✓ Worthington Deli Dog (1.3 oz.)	80	1	390	5
Field Roast Classic Smoked (2.7 oz.)	190	2.5	540	20

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Breakfast Sausage (weight of 1 patty or 2 links)				
✓✓ MorningStar Patties (1.3 oz.) ¹	80	0	220	9
✓✓ Whole Foods 365 Patties (1.3 oz.)	40	0	230	6
✓✓ Lightlife Breakfast Patties (1 oz.)	90	0.5	130	6
✓✓ Lightlife Plant-Based Links (1.1 oz.)	110	0.5	150	7
✓✓ MorningStar Incogmeato Links (1.6 oz.) ¹	100	1	250	6
Impossible Sausage Savory (1 oz. ground)	70	2	190	4
Beyond Meat Patties (1 oz.) ¹	90	2.5	135	6

	Calories	Sat Fat (g)	Sodium (mg)	Protein (g)
Bacon (weight of 2 strips)				
✓✓ Sweet Earth Benevolent Bacon (1.4 oz.)	90	0	200	8
✓ Tofurky Smoky Maple Bacon (1 oz.)	50	0.5	125	4
MorningStar (0.6 oz.) ^D	60	0.5	220	2

✓✓ Best Bite. ✓ Honorable Mention. ¹Average of the entire line or the varieties listed. ^DContains food dyes.

Daily Values (DVs): Saturated Fat: 20 grams. **Sodium:** 2,300 milligrams. **Daily Protein Target:** 85 grams.

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