

					Nutrition Value per Patty											
Burger	Price	Burgers per Pack	Cost per Burger	Single Patty Weight	Calories	Fat	Sat fat	Sodium	Carbohydrate	Fibre	Sugar	Protein	Vegan?	GF?	Organic?	
Dr. Praeger's Black Bean Quinoa Veggie Burger	\$ 6.98	4	\$ 1.75	71 g	140	7 g	0.7 g	280 mg	16g	7 g	1g	5g	yes	certified	no	
Amy's California Burger	\$ 7.98	4	\$ 2.00	71 g	150	5 g	0.5 g	500 mg	21 g	4 g	2 g	6 g	yes	no	91%	
Sol Cuisine Extreme Griller Burgers	\$ 5.98	4	\$ 1.50	71 g	90	4 g	0.4 g	240 mg	7 g	4 g	1 g	10 g	yes	yes	no	
Beyond Meat Beyond Burger	\$ 7.99	2	\$ 4.00	113 g	270	18 g	5g	390 mg	6 g	2 g	0g	20 g	yes	yes	no	
Qrunch Organics Quinoa Burgers	\$ 5.48	4	\$ 1.37	77 g	140	4 g	2.5 g	240 mg	22 g	4 g	1g	4 g	no	certified	yes	
Yves Veggie Chick'n Burgers	\$ 4.98	4	\$ 1.25	75 g	100	2.5 g	0.2 g	390 mg	6 g	3 g	1 g	13 g	yes	no	no	
Yves the Good Veggie Burger	\$ 4.98	4	\$ 1.25	75 g	100	2 g	0.2 g	320 mg	7 g	2 g	1 g	13 g	yes	no	no	
Gardein Veggie Burger	\$ 4.97	3	\$ 1.66	85 g	120	4.5 g	0.4 g	330 mg	19 g	3 g	2 g	4 g	yes	no	no	
Original Wild Onion NutBurgers	\$ 10.99	4	\$ 2.75	87 g	340	28 g	2.5 g	300 mg	14 g	4 g	2 g	11 g	no	no	yes	
Morning Star Farms Spicy Black Bean	\$ 4.98	4	\$ 1.25	67 g	130	4.5 g	0.5 g	220 mg	15 g	6 g	2 g	9 g	no	no	no	
Field Roast Company Hand Formed Field Burger	\$ 10.99	4	\$ 2.75	92 g	290	16 g	5 g	440 mg	10 g	3 g	2 g	25 g	yes	no	no	
PC Beefless Undeniable Burger	\$ 9.98	4	\$ 2.50	113 g	250	14 g	5 g	360 mg	5 g	2 g	0g	27 g	yes	certified	no	
PC Lentil, Bean, Quinoa	\$ 7.98	4	\$ 2.00	113 g	200	6 g	2 g	390 mg	33 g	8 g	3 g	8 g	no	no	no	
Hilary's World's Best Veggie Burger	\$ 5.69	2	\$ 2.85	91 g	190	7 g	5 g	350 mg	27 g	4 g	0g	4 g	no	certified	yes	
PC Portobello Swiss	\$ 7.98	4	\$ 2.00	142 g	130	4.5 g	3 g	570 mg	7 g	4 g	0g	17 g	no	certified	no	
PC World's Best Meatless Burger	\$ 7.98	4	\$ 2.00	142 g	260	12 g	2 g	640 mg	13 g	8 g	3 g	29 g	no	no	no	
VG Artisan Vegan Burgers	\$ 8.99	4	\$ 2.25	100 g	180	6 g	0.5 g	280 mg	21 g	9 g	2 g	8 g	yes	yes	no	
Wholly Veggie	\$ 8.48	4	\$ 2.12	75 g	120	3 g	0.3 g	210 mg	18 g	3 g	4 g	7 g	no	yes	no	
Big Mountain Foods Original Veggie Patty	\$ 7.99	4	\$ 2.00	100 g	230	10 g	2 g	135 mg	33 g	13 g	4 g	12 g	yes	yes	no	

*nutritional information as per individual packages