



NUTRITIONAL COMPOSITION OF PLANT-BASED MEAT ALTERNATIVES



Data sourced January 2023



SAUSAGE ALTERNATIVES

(PER 100G)



Calories: 206
Fat: 14g
Sat Fat: 1.8g
Salt: 1.4g
Fibre: 6.4g
Protein: 11g
***Soya Protein**



Calories: 189
Fat: 12.8g
Sat Fat: 1.9g
Salt: 1.4g
Fibre: 4.7g
Protein: 14.4g
***Pea Protein**

Calories: 175
Fat: 10.2g
Sat Fat: 4.6g
Salt: 0.98g
Fibre: 5.8g
Protein: 13.8g
***Soya Protein**



Calories: 155
Fat: 5.6g
Sat Fat: 0.4g
Salt: 1.6g
Fibre: 9.6g
Protein: 15.6g
***Soya Protein**



Calories: 143
Fat: 5g
Sat Fat: 3.8g
Salt: 1.8g
Fibre: 4g
Protein: 8.4g
***Soya Protein**



Calories: 192
Fat: 9.9g
Sat Fat: 5.5g
Salt: 1.6g
Fibre: 5.2g
Protein: 11g
***Pea Protein**



Calories: 166
Fat: 10g
Sat Fat: 0.9g
Salt: 1.5g
Fibre: 6.8g
Protein: 11g
***Pea Protein**



BURGER ALTERNATIVES

(PER 100G)



Calories: 236

Fat: 17g

Sat Fat: 1.3g

Salt: 1.3g

Fibre: 6.4g

Protein: 13g

***Pea Protein**



Calories: 253

Fat: 14.8g

Sat Fat: 1.1g

Salt: 1.3g

Fibre: 7.3g

Protein: 21g

***Soya Protein**



Calories: 252

Fat: 19g

Sat Fat: 5.6g

Salt: 0.75g

Protein: 17g

***Pea Protein**



Calories: 236

Fat: 16.9g

Sat Fat: 4.3g

Salt: 0.84g

Fibre: 3.5g

Protein: 13.6g

***Pea Protein**



Calories: 221

Fat: 12g

Sat Fat: 2.1g

Salt: 1.4g

Fibre: 6g

Protein: 12g

***Mycoprotein**



Calories: 197

Fat: 13.5g

Sat Fat: 3.9g

Salt: 0.9g

Fibre: 5.9g

Protein: 14g

***Soya Protein**

Calories: 266

Fat: 20g

Sat Fat: 18g

Salt: 1.1g

Fibre: 5g

Protein: 15g

***Pea and Soya Protein**



MINCE ALTERNATIVES

(PER 100G)



Calories: 192

Fat: 6.3g

Sat Fat: 4.4g

Salt: 1.3g

Fibre: 3.5g

Protein: 22g

***Soya and Wheat Protein**



Calories: 105

Fat: 0.6g

Sat Fat: 0.1g

Salt: 1.1g

Fibre: 5.8g

Protein: 20g

***Soya Protein**

Calories: 238

Fat: 17g

Sat Fat: 5.7g

Salt: 0.75g

Protein: 15g

***Pea Protein**



Calories: 164

Fat: 4.7g

Sat Fat: 0.6g

Salt: 0.85g

Fibre: 2.3g

Protein: 19.2g

***Soya Protein**



Calories: 125

Fat: 0.5g

Sat Fat: 0.1g

Salt: 1.3g

Fibre: 6.4g

Protein: 24g

***Soya Protein**



Calories: 216

Fat: 13.3g

Sat Fat: 2.9g

Salt: 0.6g

Fibre: 8.3g

Protein: 17.2g

***Soya Protein**



Calories: 235

Fat: 10.6g

Sat Fat: 0.8g

Salt: 0.92g

Fibre: 5.4g

Protein: 25.7g

***Soya Protein**



TOFU / TEMPEH

(PER 100G)



Calories: 232
Fat: 17g
Sat Fat: 2.5g
Salt: 1.5g
Fibre: 2.7g
Protein: 18g



Calories: 270
Fat: 10g
Sat Fat: 1.5g
Salt: 0.35g
Fibre: 6.5g
Protein: 25g

Calories: 118
Fat: 7.1g
Sat Fat: 1.2g
Salt: 0.03g
Fibre: 1.9g
Protein: 13g



Calories: 64
Fat: 3g
Sat Fat: 0.6g
Salt: <0.1g
Protein: 6.8g



Calories: 184
Fat: 9.7g
Sat Fat: 1.9g
Salt: 0.01g
Fibre: 6.5g
Protein: 19g



Calories: 145
Fat: 7.8g
Sat Fat: 1.2g
Salt: 0.06g
Fibre: 1.9g
Protein: 16.5g



Calories: 368
Fat: 30g
Sat Fat: 4.5g
Salt: 1.41g
Fibre: 7.7g
Protein: 21g



Calories: 146
Fat: 7.7g
Sat Fat: 1.2g
Salt: 0.42g
Fibre: 0.8g
Protein: 16.9g

Calories: 187
Fat: 11g
Sat Fat: 1.9g
Salt: 1.6g
Protein: 19g



Calories: 208
Fat: 10.9g
Sat Fat: 2.9g
Salt: 0.01g
Fibre: 6.1g
Protein: 21.3g



MEAT FREE PIECES

(PER 100G)



Calories: 142
Fat: 3.6g
Sat Fat: 0.4g
Salt: 1.1g
Fibre: 6.2g
Protein: 21g
 *Soya Protein



Calories: 215
Fat: 8.5g
Sat Fat: 1.1g
Salt: 1g
Fibre: 3.4g
Protein: 23g
 *Wheat and Pea Protein

Calories: 227
Fat: 14.7g
Sat Fat: 1g
Salt: 0.44g
Fibre: 6.9g
Protein: 14.3g
 *Soya Protein



Calories: 94
Fat: 1.4g
Sat Fat: 0.5g
Salt: 0.4g
Fibre: 6.9g
Protein: 15g
 *Mycoprotein

Calories: 138
Fat: 5g
Sat Fat: 0.5g
Salt: 1.5g
Fibre: 7.1g
Protein: 17g
 *Soya Protein



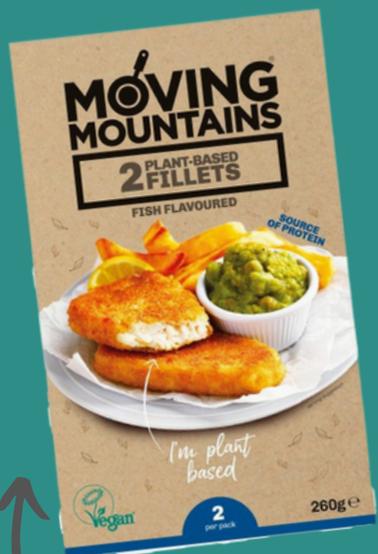
Calories: 208
Fat: 8.6g
Sat Fat: 0.5g
Salt: 1.1g
Fibre: 2.7g
Protein: 22g
 *Wheat and Pea Protein



Calories: 167
Fat: 4.8g
Sat Fat: 0.6g
Salt: 1g
Fibre: 7.5g
Protein: 23g
 *Soya and Pea Protein

FISH ALTERNATIVES

(PER 100G)



Calories: 230
Fat: 12.4g
Sat Fat: 1.4g
Salt: 0.9g
Fibre: 4.5g
Protein: 10g
 *Soya Protein



Calories: 197
Fat: 9.2g
Sat Fat: 1g
Salt: 1.1g
Fibre: 11g
Protein: 8.3g
 *Mycoprotein

Calories: 300
Fat: 16g
Sat Fat: 1g
Salt: 1.2g
Fibre: 4.3g
Protein: 16.9g
 *Soya and Wheat Protein



Calories: 232
Fat: 12.6g
Sat Fat: 1.2g
Salt: 0.9g
Fibre: 4g
Protein: 4.2g
 No Major Protein Sources



Calories: 214
Fat: 7.8g
Sat Fat: 0.6g
Salt: 1.3g
Fibre: 4.2g
Protein: 4.5g
 *Mycoprotein



Calories: 161
Fat: 8.5g
Sat Fat: 0.7g
Salt: 0.89g
Fibre: 4g
Protein: 8g
 *Soya Protein



Calories: 209
Fat: 8.6g
Sat Fat: 1.2g
Salt: 1.2g
Fibre: 2.9g
Protein: 4.5g
 *Mycoprotein

