

Are plant-based burgers nutritious and delicious?

Plant-based burgers are a more nutritious choice for many people, especially when used as a replacement in a diet with a current heavy intake of conventional beef burgers.

and comparison to beef.

For a double-blind taste test, New Hope Network selected 19 of the best-selling plant-based burgers, then asked 115 participants to rank the samples based on appearance, texture, taste

An in-house registered dietitian reviewed each product's ingredient list and nutrition labels to identify major nutritional benefits, nutritional detractors and common allergens. This graphic plots the taste, the nutritional rank and the per-patty price for each brand.

TOP 5 FOR NUTRITION (listed alphabetically)

- Alpha Burger
- Boca All American Classic
- Gardein Beefless Burger
- Sol Cuisine Extreme Griller
- Trader Joe's Hi-Protein Veggie Burger

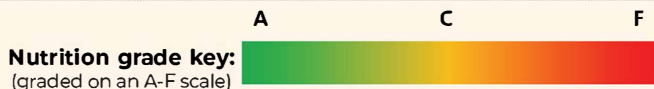
TOP 5 FOR FLAVOR (listed alphabetically)

- Beyond Burger
- Field Roast
- Hand-Formed Burger
- Lightlife Burger
- Quorn Meatless Gourmet Burger
- Sweet Earth Awesome Burger

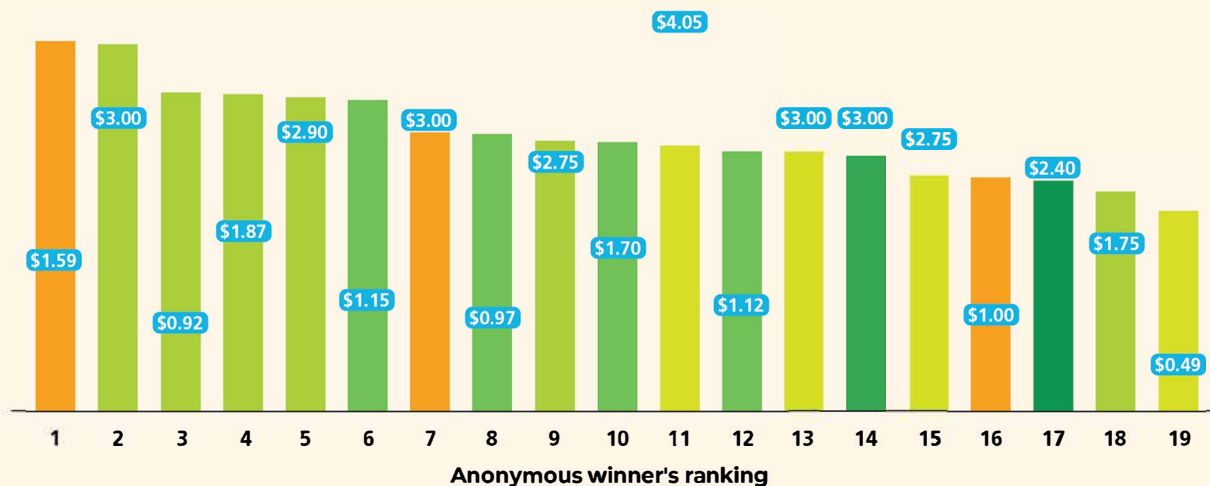
LIST OF PLANT-BASED BURGERS TESTED

- 365 Plant-Based Burger
- Alpha Burger
- Amy's Quarter Pound Burger
- Beyond Burger
- Boca All American Classic
- Dr. Praeger's Perfect Burger
- Field Roast Hand-Formed Burger
- Gardein Beefless Burger
- Gardenburger Original Veggie Burger
- Laura's Classic Recipe Plant-Based Burgers
- Lightlife Burger
- Morningstar Farms Grillers Original
- Quorn Meatless Gourmet Burger
- Sol Cuisine Extreme Griller
- Sweet Earth Awesome Burger
- Tofurky Plant-Based Burger
- Trader Joe's Hi-Protein Veggie Burger
- Uncut Plant-Based Burger
- Worthington X Burger

Taste, nutrition and prices of tested burgers



Price per patty



This chart shows three metrics, with each bar representing one brand. Bar height shows relative taste score; and bar color indicates nutrition grade. Price per patty is indicated in blue.