

beyond burger avocado oil nutrition facts

beyond burger avocado oil nutrition facts provide essential insights into the nutritional profile of the Beyond Burger made with avocado oil. This plant-based burger alternative has gained popularity among consumers seeking healthier and environmentally friendly protein options. Understanding the nutrition facts of Beyond Burger avocado oil is key to assessing its suitability for various dietary needs, including calorie content, fat composition, protein levels, and micronutrients. This article delves into the detailed nutritional components, health benefits, and potential considerations linked to this product. Additionally, it compares the Beyond Burger avocado oil variant with other plant-based and traditional meat options to offer a comprehensive perspective. The information presented serves as a valuable resource for health-conscious individuals and those interested in sustainable eating habits.

- Nutritional Breakdown of Beyond Burger Avocado Oil
- Health Benefits of Avocado Oil in Beyond Burger
- Comparison with Other Plant-Based Burger Options
- Considerations and Dietary Implications
- Incorporating Beyond Burger Avocado Oil into a Balanced Diet

Nutritional Breakdown of Beyond Burger Avocado Oil

Analyzing the beyond burger avocado oil nutrition facts reveals a well-rounded profile designed to meet the needs of plant-based consumers. This burger contains a blend of proteins, fats, and carbohydrates to mimic the taste and texture of traditional beef burgers while offering nutritional advantages. The use of avocado oil as a fat source contributes to a healthier fat composition compared to conventional saturated fats found in animal products.

Macronutrient Content

The macronutrient values of the Beyond Burger avocado oil variant include

calories, fats, proteins, and carbohydrates. A typical serving size, which is one patty (approximately 4 ounces or 113 grams), contains around 270 calories. The fat content is approximately 20 grams, with a significant portion derived from avocado oil, which is rich in monounsaturated fats. Protein content is roughly 20 grams per serving, sourced mainly from pea protein, providing a complete amino acid profile.

- Calories: ~270 per patty
- Total Fat: 20 grams
- Monounsaturated Fat: High (due to avocado oil)
- Protein: 20 grams
- Carbohydrates: 3 grams
- Dietary Fiber: 2 grams
- Sodium: 380 milligrams

Micronutrient Profile

Beyond Burger avocado oil nutrition facts also highlight the presence of essential vitamins and minerals. The product is often fortified with nutrients such as vitamin B12 and iron to address common deficiencies in plant-based diets. Iron in the Beyond Burger is derived from plant sources but is combined with vitamin C in the product to enhance absorption. Additionally, the burger contains small amounts of calcium and potassium, contributing to overall micronutrient intake.

Health Benefits of Avocado Oil in Beyond Burger

Avocado oil is a key ingredient in the Beyond Burger avocado oil formulation, providing multiple health benefits. Its inclusion improves the lipid profile of the burger by increasing heart-healthy fats and reducing saturated fat content compared to traditional beef patties. The avocado oil also enhances the burger's flavor and texture, making it more palatable for consumers transitioning to plant-based diets.

Heart-Healthy Fats

Avocado oil is rich in monounsaturated fatty acids (MUFAs), particularly oleic acid, which is associated with cardiovascular benefits. Consuming MUFAs can help lower LDL cholesterol levels and may reduce the risk of heart disease. The presence of these fats in the Beyond Burger avocado oil variant makes it a heart-conscious choice among plant-based protein options.

Anti-Inflammatory Properties

Another advantage of avocado oil is its anti-inflammatory potential, thanks to bioactive compounds such as antioxidants and phytosterols. These substances may contribute to reducing oxidative stress and inflammation in the body, supporting overall health and well-being. Incorporating avocado oil in the Beyond Burger may thus offer added nutritional advantages beyond basic macronutrients.

Comparison with Other Plant-Based Burger Options

Understanding how the beyond burger avocado oil nutrition facts compare to other plant-based burger products is essential for consumers making informed dietary choices. Many plant-based burgers utilize different fat sources, protein blends, and fortification strategies, which influence their nutritional profiles and health impacts.

Fat Content and Quality

Compared to plant-based burgers made with coconut oil or other saturated fats, the Beyond Burger avocado oil version typically has a healthier fat composition. Coconut oil is high in saturated fats, which can raise cholesterol levels, whereas avocado oil provides monounsaturated fats that are more beneficial for heart health. This difference makes the Beyond Burger avocado oil variant a preferable option for those monitoring fat intake quality.

Protein and Calorie Comparison

The protein content of the Beyond Burger avocado oil is competitive with other plant-based burgers, usually ranging between 18 to 21 grams per

serving. Calorie counts can vary slightly depending on ingredients, but the Beyond Burger remains within the moderate calorie range for plant-based patties. This balance of protein and calories supports muscle maintenance and energy needs without excessive caloric intake.

Considerations and Dietary Implications

While the beyond burger avocado oil nutrition facts highlight many positive aspects, there are certain considerations to keep in mind when incorporating this product into a diet. These factors include sodium content, allergen presence, and suitability for various dietary restrictions.

Sodium Levels

The Beyond Burger avocado oil contains approximately 380 milligrams of sodium per patty, which is moderate but may be significant for individuals on low-sodium diets. Monitoring overall daily sodium intake is important to maintain cardiovascular health, especially for those with hypertension or related conditions.

Allergen Information

Consumers should be aware of potential allergens in the Beyond Burger avocado oil formula. Ingredients such as pea protein and other plant-based components may cause sensitivities in some individuals. It is advisable to review ingredient lists carefully if allergies or intolerances are a concern.

Incorporating Beyond Burger Avocado Oil into a Balanced Diet

Integrating the Beyond Burger avocado oil into a balanced diet can support nutritional goals while promoting sustainable food choices. Its nutrient density and heart-healthy fat profile make it a versatile option for meals focused on plant-based nutrition.

Meal Planning Tips

To maximize the benefits of the Beyond Burger avocado oil, pairing it with

nutrient-rich sides such as vegetables, whole grains, and legumes is recommended. This combination enhances fiber intake, provides a variety of vitamins and minerals, and contributes to satiety. Additionally, using whole-grain buns and limiting high-calorie condiments can help maintain a healthy meal profile.

- Serve with leafy greens or mixed vegetables
- Choose whole-grain or gluten-free buns as preferred
- Incorporate legumes for additional protein and fiber
- Limit added sauces high in sugar or sodium
- Balance with fresh fruit or nuts for snacks

Suitability for Special Diets

The Beyond Burger avocado oil is suitable for various dietary patterns, including vegetarian, vegan, and flexitarian lifestyles. Its plant-based composition excludes animal products, making it compliant with vegan diets. However, individuals following ketogenic or low-fat diets should consider the fat and carbohydrate content accordingly.

Frequently Asked Questions

What are the main nutritional components of Beyond Burger cooked with avocado oil?

Beyond Burger cooked with avocado oil contains plant-based protein, healthy fats from avocado oil, moderate carbohydrates, and fiber. It also provides essential vitamins and minerals such as iron and vitamin B12.

How does cooking Beyond Burger with avocado oil affect its calorie content?

Cooking Beyond Burger with avocado oil increases the overall calorie content due to the added fats from avocado oil, which is calorie-dense. The exact increase depends on the amount of oil used during cooking.

Is avocado oil a healthy choice for cooking Beyond Burger?

Yes, avocado oil is considered a healthy cooking oil because it is high in monounsaturated fats, which can support heart health, and has a high smoke point making it suitable for cooking Beyond Burger without degrading the oil.

Does cooking Beyond Burger in avocado oil impact its fat content?

Yes, cooking Beyond Burger in avocado oil increases the total fat content, primarily adding monounsaturated fats from the oil, which can be beneficial for cardiovascular health.

What vitamins and minerals are present in Beyond Burger with avocado oil nutrition profile?

Beyond Burger contains iron, vitamin B12, and protein, while avocado oil adds vitamin E and antioxidants, enhancing the overall nutrient profile when cooked together.

How much saturated fat is in Beyond Burger cooked with avocado oil?

Beyond Burger itself contains a moderate amount of saturated fat, and avocado oil is low in saturated fat, so cooking with avocado oil adds minimal saturated fat compared to other cooking oils like butter.

Can Beyond Burger cooked with avocado oil be part of a weight management diet?

Yes, Beyond Burger cooked with avocado oil can be included in a weight management diet when consumed in moderation, as it provides plant-based protein and healthy fats that promote satiety, but attention should be paid to portion sizes and total caloric intake.

Additional Resources

1. The Ultimate Guide to Beyond Burger: Nutrition and Benefits

This book dives deep into the nutritional profile of Beyond Burgers, including the role of avocado oil as a key ingredient. Readers will learn about the health benefits, calorie content, and how this plant-based burger compares to traditional meat. It also covers tips for incorporating Beyond Burgers into a balanced diet.

2. Avocado Oil and Plant-Based Nutrition: A Comprehensive Overview

Explore the nutritional advantages of avocado oil, especially as used in innovative food products like Beyond Burgers. This book discusses the healthy fats in avocado oil, its antioxidant properties, and its impact on heart health. Readers will also find recipes and cooking tips to maximize its benefits.

3. Beyond Meat and Modern Nutrition: What You Need to Know

Focusing on the rise of plant-based meat alternatives, this book examines the ingredients, including avocado oil, that contribute to their nutritional value. It evaluates protein content, fats, vitamins, and minerals in Beyond Burgers, providing a science-backed perspective on their health implications.

4. Healthy Fats in Vegan Foods: The Role of Avocado Oil

This book highlights the importance of incorporating healthy fats such as avocado oil in vegan and vegetarian diets. It explains how avocado oil enhances the taste and nutrition of products like Beyond Burgers, while supporting cardiovascular and brain health. Practical advice on choosing and using avocado oil is included.

5. Plant-Based Protein Power: Beyond Burgers and Beyond

Delve into the nutritional science behind plant-based proteins, with a focus on Beyond Burgers and their use of avocado oil for cooking. The book covers amino acid profiles, fat content, and how these alternatives fit into various dietary needs. It also discusses sustainability and ethical considerations.

6. The Nutritional Science of Avocado Oil in Food Innovation

Discover how avocado oil is revolutionizing food development, especially in the plant-based meat industry. This text examines its chemical composition, antioxidant capacity, and how it improves the nutritional profile of products like Beyond Burgers. Case studies and research findings are presented for health-conscious consumers.

7. Beyond Burgers and Healthy Eating: A Nutritional Guide

This guide offers a balanced view on including Beyond Burgers in a healthy diet, emphasizing the role of avocado oil in enhancing nutritional quality. It provides meal planning tips, compares nutrient values with other protein sources, and addresses common dietary concerns such as cholesterol and saturated fat.

8. Avocado Oil: Nutritional Facts and Culinary Uses in Plant-Based Foods

Focused on avocado oil, this book covers its nutritional facts, benefits, and culinary versatility, particularly in plant-based products like Beyond Burgers. Readers will find information on extraction methods, fatty acid profiles, and how to use avocado oil in everyday cooking for improved health.

9. Plant-Based Eating Made Easy: Nutrition Insights on Beyond Burgers and Avocado Oil

Designed for those transitioning to plant-based diets, this book explains the nutritional components of Beyond Burgers, with special attention to avocado oil's contribution. It offers practical advice on meal preparation, nutrient balance, and how to maintain optimal health while enjoying plant-based

alternatives.

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