

beyond burger nutrition facts

beyond burger nutrition facts provide essential insights into the nutritional profile of one of the most popular plant-based meat alternatives on the market. Understanding these facts is crucial for consumers seeking healthier, sustainable, and ethical food choices without compromising on taste or texture. The Beyond Burger is designed to mimic the sensory experience of traditional beef burgers while offering benefits like lower cholesterol and reduced environmental impact. This article delves into the key nutritional components, including macronutrients, vitamins, minerals, and potential allergens found in the Beyond Burger. Additionally, it compares the Beyond Burger's nutrition facts to those of conventional beef patties and explores its suitability for various dietary preferences. Readers will gain a comprehensive understanding of what the Beyond Burger offers beyond just flavor, supporting informed decisions about incorporating it into their diets.

- Macronutrient Breakdown of the Beyond Burger
- Vitamins and Minerals in the Beyond Burger
- Comparing Beyond Burger to Traditional Beef
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Macronutrient Breakdown of the Beyond Burger

The macronutrient composition of the Beyond Burger plays a significant role in its appeal to health-conscious and environmentally aware consumers. It is formulated primarily from plant-based proteins and fats, aiming to replicate the nutritional benefits of a traditional beef burger.

Protein Content

The Beyond Burger contains approximately 20 grams of protein per 4-ounce serving. This protein primarily comes from pea protein, which is a high-quality plant-based source known for its essential amino acid profile. The protein content is comparable to that of an 80/20 beef patty, making it an effective alternative for those seeking to maintain adequate protein intake without consuming animal products.

Fat Profile

Each Beyond Burger patty contains about 18 grams of total fat, including 5 grams of saturated fat. The fat is derived from sources such as coconut oil and canola oil, which contribute to the burger's juicy texture and flavor. Although the saturated fat content is somewhat high, it is generally lower than that found in comparable beef burgers. The Beyond Burger is cholesterol-

free, which is a significant advantage over traditional meat products.

Carbohydrates and Fiber

The carbohydrate content in the Beyond Burger is relatively low, at around 3 grams per patty, including 2 grams of dietary fiber. The fiber comes from plant-based ingredients like mung beans and rice protein. This fiber content supports digestive health and contributes to a feeling of fullness after consumption.

Caloric Value

A single Beyond Burger patty provides roughly 250 calories. This calorie count is on par with a typical beef patty, ensuring that those switching to plant-based options can maintain their daily energy needs without significant adjustments.

Vitamins and Minerals in the Beyond Burger

Beyond just macronutrients, the Beyond Burger offers a range of added vitamins and minerals designed to mimic the nutritional profile of red meat while enhancing its health benefits.

Iron Content

The burger contains approximately 25% of the recommended daily value of iron per serving. The iron is sourced from ingredients like pea protein and is in a form that is less readily absorbed than the heme iron found in meat. However, the iron content still contributes meaningfully to daily requirements, especially for those on plant-based diets.

Vitamin B12 and Other Micronutrients

Vitamin B12 is added to the Beyond Burger to support the nutritional needs of vegetarians and vegans, providing about 50% of the daily value per patty. Other micronutrients such as zinc and niacin are also present in amounts similar to those found in beef, ensuring that the burger supports overall metabolic function and immune health.

Salt and Sodium Levels

The sodium content is approximately 390 milligrams per patty, which is higher than unseasoned beef but comparable to seasoned patties. Consumers should consider this when managing sodium intake for cardiovascular health.

Comparing Beyond Burger to Traditional Beef

To fully appreciate beyond burger nutrition facts, it is essential to compare its nutritional profile with that of traditional beef burgers. This helps consumers evaluate the trade-offs and benefits of choosing plant-based alternatives.

Protein and Fat Comparison

Both the Beyond Burger and a typical 80/20 ground beef patty provide similar protein quantities, around 20-22 grams per serving. However, the Beyond Burger contains no cholesterol and slightly less saturated fat, aligning with heart-healthy dietary recommendations.

Calorie and Carbohydrate Differences

Calorie counts are comparable, but the Beyond Burger contains a small amount of carbohydrates and fiber, absent in beef. This plant-based fiber content can aid digestion and promote satiety.

Environmental and Ethical Considerations

While not a direct nutritional factor, the Beyond Burger is recognized for its lower environmental footprint, including reduced greenhouse gas emissions and water usage, compared to conventional beef production. Such considerations increasingly influence consumer choices alongside nutrition facts.

Health Considerations and Dietary Suitability

The Beyond Burger fits various dietary lifestyles, but potential consumers should assess its compatibility with their health goals and restrictions.

Suitability for Vegetarians and Vegans

As a 100% plant-based product, the Beyond Burger is appropriate for both vegetarians and vegans. It offers a rare source of complete protein and added vitamin B12, nutrients often limited in plant-based diets.

Allergen and Sensitivity Information

Individuals with allergies to pea protein or coconut oil should exercise caution. Additionally, because the burger contains soy-free and gluten-free ingredients, it is suitable for many with these common sensitivities.

Impact on Heart Health

With no cholesterol and lower saturated fat than beef, the Beyond Burger may

be a heart-healthier option. However, its sodium content should be monitored, especially for those on sodium-restricted diets.

Ingredients and Allergen Information

Understanding the ingredient list complements beyond burger nutrition facts by clarifying what consumers are ingesting beyond macronutrients and micronutrients.

Primary Ingredients

- Water
- Pea Protein
- Canola Oil
- Coconut Oil
- Rice Protein
- Mung Bean Protein
- Natural Flavors
- Methylcellulose (a plant-based binder)
- Potato Starch
- Apple Extract
- Vitamins and Minerals (including B12, zinc, iron)

Common Allergens

The Beyond Burger is free from soy, gluten, and GMOs, reducing allergen concerns for many consumers. However, those with legume allergies should be aware of the pea and mung bean protein content. The product is also free from dairy and eggs, making it suitable for those with such allergies.

Frequently Asked Questions

What are the main nutritional benefits of the Beyond Burger?

The Beyond Burger is plant-based and offers a good source of protein, typically around 20 grams per patty, while being free from cholesterol and containing fiber, which is not found in traditional beef burgers.

How many calories are in a Beyond Burger patty?

A single Beyond Burger patty contains approximately 250 calories, making it comparable to a traditional beef burger in terms of calorie content.

Is the Beyond Burger high in protein compared to a regular beef burger?

The Beyond Burger provides about 20 grams of protein per patty, which is slightly less but comparable to a typical beef burger that contains around 22-25 grams of protein.

Does the Beyond Burger contain any allergens?

Yes, the Beyond Burger contains pea protein and can include allergens such as soy and coconut oil. It is important to check the packaging for specific allergen information.

How much saturated fat does a Beyond Burger have compared to a beef burger?

The Beyond Burger contains about 5 grams of saturated fat per patty, which is generally lower than a comparable 80/20 beef burger that can have around 8-10 grams of saturated fat.

Additional Resources

1. The Science of Plant-Based Proteins: Beyond Burger and More

This book delves into the nutritional components of plant-based proteins, with a special focus on the Beyond Burger. It explains how ingredients are selected to mimic the taste and texture of traditional meat while delivering essential nutrients. Readers will gain insight into protein quality, vitamins, minerals, and the health benefits of plant-based alternatives.

2. Busting Myths: The Truth About Beyond Burger Nutrition

A comprehensive guide that addresses common misconceptions about the Beyond Burger's nutritional profile. The book compares it with conventional beef burgers, examining calories, fat content, sodium levels, and protein. It also explores the environmental and ethical implications of choosing plant-based options.

3. Beyond Burger and Heart Health: A Nutritional Perspective

This title focuses on the impact of Beyond Burgers on cardiovascular health. It reviews scientific studies on saturated fat, cholesterol, and plant-based diets. Readers will learn how incorporating Beyond Burgers might influence heart disease risk and overall wellness.

4. From Farm to Table: The Nutritional Journey of the Beyond Burger

Tracing the production process, this book highlights how the Beyond Burger's ingredients are sourced and processed. It discusses the nutritional transformations from raw materials to finished product. The book also touches on food safety and quality control in plant-based meat alternatives.

5. Protein Power: Evaluating the Beyond Burger's Nutritional Value

An in-depth analysis of protein content, amino acid profiles, and

digestibility in the Beyond Burger. The book compares these aspects with animal-based proteins to assess their effectiveness in supporting muscle growth and recovery. It's an essential read for athletes and fitness enthusiasts.

6. *Beyond Burger vs. Beef Burger: A Nutritional Showdown*

This comparative study examines the nutritional differences and similarities between Beyond Burgers and traditional beef burgers. It covers macronutrients, micronutrients, additives, and preservatives. Readers will understand the pros and cons of each option from a health standpoint.

7. *Sustainable Nutrition: How Beyond Burgers Fit into a Healthy Diet*

Exploring the intersection of nutrition and sustainability, this book discusses how Beyond Burgers contribute to environmental goals without compromising dietary quality. It offers practical advice on incorporating plant-based meats into balanced meal plans. The book also addresses consumer trends and future prospects.

8. *The Beyond Burger Ingredient Breakdown and Its Nutritional Impact*

A detailed examination of each ingredient in the Beyond Burger, analyzing their nutritional functions and health effects. The book explains the role of pea protein, coconut oil, methylcellulose, and other components. It also covers potential allergens and dietary restrictions.

9. *Nutrition Label Decoded: Understanding Beyond Burger Facts*

This guide teaches readers how to interpret the nutrition label on Beyond Burger packaging. It explains serving sizes, calorie counts, fat types, sodium, and other key elements. The book empowers consumers to make informed dietary choices and compare products effectively.

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