

Basic Report 16147, Veggie burgers or soyburgers, unprepared [a](#)

Report Date: June 18, 2019 07:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 pattie 70g
Proximates			
Water	g	61.21	42.85
Energy	kcal	177	124
Protein	g	15.70	10.99
Total lipid (fat)	g	6.30	4.41
Carbohydrate, by difference	g	14.27	9.99
Fiber, total dietary	g	4.9	3.4
Sugars, total	g	1.07	0.75
Minerals			
Calcium, Ca	mg	136	95
Iron, Fe	mg	2.41	1.69
Magnesium, Mg	mg	56	39
Phosphorus, P	mg	206	144
Potassium, K	mg	333	233
Sodium, Na	mg	569	398
Zinc, Zn	mg	1.26	0.88
Vitamins			
Vitamin C, total ascorbic acid	mg	4.5	3.1
Thiamin b	mg	2.651	1.856
Riboflavin	mg	0.244	0.171
Niacin c	mg	3.753	2.627
Vitamin B-6	mg	0.303	0.212
Folate, DFE	µg	124	87
Vitamin B-12	µg	2.01	1.41
Vitamin A, RAE	µg	1	1
Vitamin A, IU	IU	16	11

Nutrient	Unit	1 Value Per100 g	1 pattie 70g
Vitamin E (alpha-tocopherol)	mg	0.23	0.16
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	4.2	2.9
Lipids			
Fatty acids, total saturated	g	1.440	1.008
Fatty acids, total monounsaturated	g	1.778	1.245
Fatty acids, total polyunsaturated	g	2.023	1.416
Cholesterol	mg	5	4
Amino Acids			
Other			
Caffeine	mg	0	0

Footnotes

- ^a Profile represents several different brands and types; check label for the brand and type purchased.
- ^b Vitamin added to some products; check label for product purchased
- ^c Vitamin added to some products; check label for product purchased