

| | <i>Calories</i> | <i>Sat Fat (g)</i> | <i>Sodium (mg)</i> | <i>Protein (g)</i> |
|---|-----------------|--------------------|--------------------|--------------------|
| Burgers | | | | |
| Burger King Impossible Whopper | 630 | 11 | 1,080 | 25 |
| Burger King Whopper | 660 | 12 | 980 | 28 |
| Cheeseburgers | | | | |
| TGI Fridays The Beyond Meat Cheeseburger, green-style | 630 | 18 | 2,940 | 38 |
| TGI Fridays Cheeseburger | 780 | 24 | 2,840 | 39 |
| TGI Fridays The Beyond Meat Cheeseburger | 890 | 24 | 3,350 | 45 |
| The Cheesecake Factory Impossible Burger with fries | 1,540 | 26 | 3,570 | 48 |
| TGI Fridays The Beyond Meat Cheeseburger with fries | 1,210 | 27 | 4,160 | 50 |
| Breakfast Sandwiches | | | | |
| Dunkin' Beyond Sausage | 480 | 8 | 920 | 24 |
| Dunkin' Sausage, Egg & Cheese | 560 | 12 | 1,140 | 21 |
| Tacos & Bowls | | | | |
| Qdoba Impossible Taco | 150 | 2.5 | 550 | 8 |
| Del Taco Beyond Avocado Taco | 260 | 6 | 390 | 12 |
| Del Taco Beyond Taco | 300 | 10 | 510 | 19 |
| Del Taco crunchy beef taco | 310 | 11 | 540 | 17 |
| Qdoba Impossible Bowl | 910 | 12 | 1,840 | 47 |

Source: company information.