

Tofurky Products Nutritional Comparisons

Tofurky Products

Tofurky Oven Roasted Deli Slices

Portion Size	52 g.
Cholesterol	0 mg.
Protein	13 g.
Sodium	300 mg.

Tofurky Italian Sausage

Portion Size	100 g.
Cholesterol	0 mg.
Protein	29 g.
Sodium	620 mg.
Fat	13 g.

Tofurky Beer Brats

Portion Size	100 g.
Cholesterol	0 mg.
Protein	24 g.
Sodium	650 mg.
Fat	16 g.

Tofurky Original Jerky

Portion Size	1 oz.
Cholesterol	0 mg.
Protein	12 g.
Sodium	260 mg.
Fat	2 g.

Tofurky Original Franks

Portion Size	45 g.
Cholesterol	0 mg.
Protein	11 g.
Sodium	360 mg.
Fat	2 g.

Tofurky Breakfast Links

Portion Size	45 g.
Cholesterol	0 mg.
Protein	11 g.
Sodium	330 mg.
Fat	6 g.

Meat Product

Turkey Oven Roasted Deli Slice

Portion Size	52 g.
Cholesterol	18.5 mg.
Protein	11.1
Sodium	629 mg.

Meat Sweet Italian Sausage

Portion Size	100 g.
Cholesterol	70.8 g.
Protein	17.7
Sodium	837.8
Fat	25.9

Meat Beer n Bratwurst

Portion Size	100 g.
Cholesterol	70.8
Protein	17.55
Sodium	955.8
Fat	25.96

All Natural Grange Grown Gourmet Turkey Jerky

Portion Size	1 oz.
Cholesterol	30 mg.
Protein	14 g.
Sodium	530 mg.
Fat	1 g.

Regular Meat Weiners

Portion Size	45 g.
Cholesterol	35 mg.
Protein	5 g.
Sodium	540 mg.
Fat	12 g.

Meat Breakfast Links

Portion Size	45 g.
Cholesterol	28.63 g.
Protein	8.99 g.
Sodium	498.99 g.
Fat	11.45 g.