

## Tofurky Products Nutritional Comparisons

### Tofurky Product

### Meat Product USDA National Nutrient Data Base #22/2009

#### Tofurky Oven Roasted Deli slices

Portion Size	52 g.
Cholesterol	0 mg.
Protein	13 g.
Sodium	300 mg.
Fat	3 g.

#### White Turkey Meat-Rotisserie Deli Cut #07944

Portion Size	52 g.
Cholesterol	29 mg.
Protein	7.02 g
Sodium	624 mg.
Fat	1.56 g.

#### Tofurky Italian Sausage

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

#### Pork Italian Sausage #07089

Portion Size	100 g.
Cholesterol	57 mg.
Protein	19.12 g.
Sodium	1207mg.
Fat	27.31g.

#### Tofurky Beer Brats

Portion Size	100 g.
Cholesterol	0 mg.
Protein	27 g.
Sodium	620 mg.
Fat	13 g

#### Smoked Beef Pork Brat Worst #07922

Portion Size	100 g.
Cholesterol	78.8 mg.
Protein	12.20 g.
Sodium	848 mg.
Fat	26.34 g

#### Tofurky Original Jerky

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

#### All Natural Grange Grown Gourmet Turkey Jerky

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

#### Tofurky Original Franks

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

#### Oscar Meyer Weiners (Beef Franks) #07241

Portion Size	45 g.
Cholesterol	25 mg.
Protein	5.11 g.
Sodium	461 mg.
Fat	13.62 g.

#### Tofurky Breakfast Links

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

#### Smoked Pork Links #07074

Portion Size	45 g.
Cholesterol	27 mg.
Protein	5.39 g.
Sodium	377 mg.
Fat	12.70 g.