

Nutrient	Quorn Sausages (50g)	Beef Sausages (50g)	Coconut Bacon (60g)	Shortcut Pork Bacon (60g)	The Alternative Meat Company Chicken Free Strips (67g)	Chicken Stir Fry Strips (67g)
Energy	276kJ 66 calories	551kJ 132 calories	1235kJ 295 calories	786kJ 188 calories	590kJ 141 calories	294kJ 70 calories
Protein	6.0g	7.5g	3.4g	9.2g	13.3g	14.9g
Fat	1.9g	10.3g	26.8g	16.9g	4.6g	1.1g
- Includes saturated fat	0.3g	4.7g	21.4g	6.4g	0.5g	0.3g
Carbohydrates	5.0g	2.3g	7.9g	0.2g	9.2g	0.0g
- Includes sugars	0.0g	0.2g	7.4g	0.2g	4.2g	0.0g
- Includes starches	5.0g	2.1g	0.4g	0.0g	5.0g	0.0g
Sodium	200mg	394mg	389mg	689mg	367mg	27.5mg
Fibre	2.0g	0.7g	6.3g	0.0g	4.3g	0.0g
Iron	0.3mg	0.7mg	1.0mg	0.3mg	1.9mg	0.3mg
Vitamin B12	0.0µg	2.2µg	0.0µg	0.4µg	0.0µg	0.5µg