



# Competitor Comparison

	Plant Based	Sat Fat Per 100g	Daily %* Allowance	Calories Per 100g	Daily %** Allowance
<b>Miami Burger Classic</b>	<b>YES</b>	<b>0.6g</b>	<b>3%</b>	<b>167</b>	<b>8%</b>
<b>Sainsbury's Taste the Difference</b>	<b>NO</b>	<b>9.6g</b>	<b>48%</b>	<b>298</b>	<b>15%</b>
<b>Birds Eye Original Beef Burger</b>	<b>NO</b>	<b>8.4g</b>	<b>42%</b>	<b>296</b>	<b>15%</b>
<b>Vivera Qtr Pounder Burger</b>	<b>YES</b>	<b>8.0g</b>	<b>40%</b>	<b>222</b>	<b>11%</b>
<b>Naturli Burger</b>	<b>YES</b>	<b>7.4.g</b>	<b>37%</b>	<b>235</b>	<b>12%</b>
<b>Waitrose Essential Qtr Pounder</b>	<b>NO</b>	<b>5.7g</b>	<b>29%</b>	<b>225</b>	<b>11%</b>
<b>Quorn Vegan Burger</b>	<b>YES</b>	<b>4.9g</b>	<b>25%</b>	<b>210</b>	<b>11%</b>
<b>The Beyond Burger</b>	<b>YES</b>	<b>4.2g</b>	<b>21%</b>	<b>280</b>	<b>14%</b>
<b>The Meatless Farm Co Patty</b>	<b>YES</b>	<b>3.3g</b>	<b>17%</b>	<b>203</b>	<b>10%</b>
<b>Quorn Ultimate Burger</b>	<b>YES</b>	<b>3.0g</b>	<b>15%</b>	<b>225</b>	<b>11%</b>
<b>Linda McCartney Qtr Pounder</b>	<b>YES</b>	<b>0.9g</b>	<b>5%</b>	<b>232</b>	<b>12%</b>

Feel like we're missing a burger? Drop us an e-mail at [hello@miamiburger.co.uk](mailto:hello@miamiburger.co.uk) and we'll take a look.

\*Percentage of UK Adult Women's Guideline Daily Allowance for Saturated Fat

\*\*Percentage of UK Adult Women's Guideline Daily Allowance for Calories

Percentages and calories rounded down when less than 0.5. Saturated Fat rounded down when less than 0.05. Nutritional information accurate as of June 2019.

Why do we focus on Sat Fat? Learn more [here](#).



## #Plantbased