

Thanksgiving Throwdown

See how a traditional Thanksgiving dinner measures up to the vegan version.

Non-Vegan

Calories 250
Saturated Fat 2g
Cholesterol 111mg

37%
of your
RDV



Turkey

Vegan

Calories 250
Saturated Fat 0g
Cholesterol 0mg

Plus 34g
of protein

Calories 210
Saturated Fat 2g
Cholesterol 41mg



Stuffing

Calories 113
Saturated Fat 1g
Cholesterol 0mg

54% of
traditional
stuffing's
calories!

Calories 47
Saturated Fat 0g
Cholesterol 24mg



Gravy

Calories 81
Saturated Fat 1g
Cholesterol 0mg

3x the
saturated
fat

Calories 126
Saturated Fat 3g
Cholesterol 19mg



Mashed Potatoes

Calories 124
Saturated Fat 1g
Cholesterol 0mg

Plus
twice
the fiber!

Twice
as much!

Calories 163
Saturated Fat 4g
Cholesterol 8mg



Green Bean
Casserole

Calories 116
Saturated Fat 2g
Cholesterol 0mg

29%
fewer
calories!

70%
of your
RDV

Calories 382
Saturated Fat 14g
Cholesterol 118mg



Pumpkin Pie

Calories 258
Saturated Fat 2g
Cholesterol 0mg

One
seventh!

GRAND TOTAL

Calories 1,178
Saturated Fat 26g
Cholesterol 320mg

VS.

Calories 941
Saturated Fat 7g
Cholesterol 0mg