

GMO Impossible burger headed for grocery stores. Here's the nutrition facts you should know

Having jumped all the appropriate FDA hurdles to ensure safety, the Impossible Burger in its uncooked form is coming to supermarket shelves this fall. That has not silenced its critics who now consider the Impossible Burger “unhealthy” and continue to raise concerns.

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From a nutritional lens, the complaint is that Impossible Burgers have too much fat and salt. In comparison to equal size (roughly 4 ounces) and equal caloric lean beef hamburger, it has 1 gram more fat, 9 grams of carbohydrate, and 16% rather than beef's 1% of our “daily value” of salt. It also contains 10 grams less protein, but three gms of fiber. But none of this is surprising; you are eating a plant, not a cow.

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To the extent that eating an Impossible Burger will get people to reconsider their food choices, more plants, less meat, it is a win. And if that is insufficient, then at least it is tasty, certainly way ahead of many vegetable mixtures masquerading as a hamburger. While eating them will not save the planet, they won't kill you either. Like Frankenstein's monster, the Impossible Burger is a bit misunderstood and just wants your love.

Read full, original article: [Is The 'Impossible Burger' Safe?](#)