

# Hoe gezond zijn vegetarische burgers?

Rang	Burger	Basis	Richtprijs	Inhoud	Testoordeel	Prijs per kilo	Eiwit	Lijzer	Zout	Etiket	Extra vitamine B12	Eiwitbronnen
1	<b>Albert Heijn</b> vers plantaardige burgers	s	€2,60	200	<b>8,6</b>	€13,00	*****	****	*****	*****	✓	soja, tarwe
2	<b>Goodbite</b> plantaardige bonenburger	p	€2,05	160	<b>8,4</b>	€12,81	****	*****	****	*****	✓	tuinbonen, tarwe, aardappel, bruine bonen
3	<b>Garden Gourmet</b> vegetarische hamburger	s	€1,90	150	<b>8,1</b>	€12,67	*****	****	*****	****	✓	soja, tarwe
4	<b>Jumbo Goodbite</b> vegetarische hamburgers	s	€1,95	200	<b>7,6</b>	€9,75	*****	*****	**	*****	✓	soja, ei, tarwe
5	<b>Vivera</b> Vega burger	s	€2,20	200	<b>7,6</b>	€11,00	*****	****	***	*****	✓	soja, tarwe, ei
6	<b>Garden Gourmet</b> vegetarische burger deluxe XL	s	€2,80	160	<b>7,6</b>	€17,50	*****	****	****	*****	✓	soja, tarwe, ei
7	<b>Aldi Meat Free Days</b> vega burger	s	€1,45	200	<b>7,5</b>	€7,25	*****	****	***	*****	✓	soja, tarwe, ei
8	<b>Lidl My Best Veggie</b> vegetarische BBQ hamburger	s	€1,60	200	<b>7,5</b>	€8,00	*****	****	***	*****	✓	soja, tarwe, ei
9	<b>ProLaTerre</b> falafel burger (bio)	p	€2,90	150	<b>7,2</b>	€19,33	***	***	*****	*****		kikkererwten,soja
10	<b>Hak</b> Hollandse bonenburger	p	€3,00	200	<b>7,1</b>	€15,00	****	***	****	*****		bruine bonen, tuinbonen, tarwe, aardappel
11	<b>Garden Gourmet veggies</b> linzen wortel & munt	p	€2,60	160	<b>7,0</b>	€16,25	***	****	****	*****	✓	rode linzen, soja
12	<b>Aldi Meat Free Days</b> vega groenteschijf	g	€1,45	200	<b>6,8</b>	€7,25	****	****	***	*****	✓	soja, ei
13	<b>Vivera</b> spicy bean burger	p	€2,20	200	<b>6,8</b>	€11,00	****	****	****	*****	✓	soja, rode kidneybonen
14	<b>Garden Gourmet veggies</b> quinoa boerenkool & broccoli	g	€2,80	160	<b>6,7</b>	€17,50	***	***	*****	*****	✓	tarwe
15	<b>Lidl My Best Veggie</b> vegetarische BBQ groenteschijven	g	€1,60	200	<b>6,6</b>	€8,00	****	****	***	*****	✓	soja, ei
16	<b>Albert Heijn</b> biologische vega burger	s	€2,30	160	<b>6,6</b>	€14,38	*****	**	***	*****	✓	soja, tarwe, ei
17	<b>&amp;samhoud</b> groenteburger van groene asperge en linzen	g	€2,60	180	<b>6,5</b>	€14,44	***	**	*****	*****		linzen
18	<b>Vegafit</b> vegan hamburger	s	€2,30	150	<b>6,4</b>	€15,33	*****	***	***	****		tarwe, aardappel, soja
19	<b>Hobbit</b> lupin(e) original burger (bio)	p	€4,00	240	<b>6,4</b>	€16,67	***	***	****	****		lupinebonen, soja,
20	<b>ProLaTerre</b> groentenburger (bio)	g	€2,90	150	<b>6,4</b>	€19,33	****	**	****	*****		soja
21	<b>ff anders</b> bio maisburger	g	€4,75	206	<b>6,4</b>	€23,06	***	**	*****	**		ei
22	<b>De Vegetarische Slager</b> mc² burger	s	€2,70	160	<b>6,3</b>	€16,88	*****	****	**	*****	✓	soja, tarwe, ei
23	<b>Entomofood Conbuggie</b> mini buggieburger	i	€3,75	160	<b>6,3</b>	€23,44	***	***	*****	***		soja, kikkererwten, buffalowormen
24	<b>Vivera</b> champignon paprika burger	g	€2,20	200	<b>6,2</b>	€11,00	****	**	****	*****		soja, aardappel
25	<b>Garden Gourmet</b> vegetarische groenteschijf	g	€2,30	180	<b>6,2</b>	€12,78	***	***	****	*****	✓	tarwe, ei, soja
26	<b>Iglo</b> veggie burger	g	€2,20	250	<b>6,0</b>	€8,80	**	**	*****	*****		ei
27	<b>Sofine</b> broccoli burgers	g	€2,60	170	<b>5,9</b>	€15,29	**	***	****	*****	✓	aardappel
28	<b>Vivera</b> groene bonen burger	p	€2,20	200	<b>5,8</b>	€11,00	***	**	****	*****		soja
29	<b>ff anders</b> hamburger	s	€2,50	206	<b>5,8</b>	€12,14	*****	*****	*	***	✓	soja, rijst, tarwe, melk
30	<b>Albert Heijn</b> vegetarische bietenburger	g	€2,30	200	<b>5,7</b>	€11,50	**	**	*****	*****		soja, aardappel
31	<b>Boon burgers</b> falafel	p	€3,00	160	<b>5,7</b>	€18,75	***	**	****	*****		kikkererwten, tarwe
32	<b>La vie est belle</b> lenteburger (bio)	g	€3,60	180	<b>5,7</b>	€20,00	***	**	*****	****		soja, kikkererwten
33	<b>Albert Heijn</b> biologische pompoen tijmburger	g	€2,50	160	<b>5,6</b>	€15,63	***	**	****	****		ei
34	<b>ProLaTerre</b> zeewier burger (bio)	z	€4,00	150	<b>5,5</b>	€26,67	****	***	*****	****		soja, tarwe
35	<b>The Dutch weed burger</b>	z	€7,95	-	<b>5,5</b>	-	*****	*****	****	-		soja
36	<b>Vivera</b> pompoen zoete aardappel burger	g	€2,20	200	<b>5,4</b>	€11,00	**	**	****	*****		soja

Bij de tabel: hoe meer sterren, des te beter

- Basis: g= groente; p= peulvruchten; s= soja-eiwit; i= insecten
- Vivera is onder andere verkrijgbaar bij Plus en Dirk
- ProLaTerre, Hobbit en La vie est belle onder andere bij Ekoplaza
- Hak, Vegafit, Sofine en Boon bij Jumbo
- &samhoud en Entomofood Conbuggie bij Albert Heijn
- ff anders bij Marqt
- The Dutch weed burger bij verschillende Horeca gelegenheden
- de prijs is inclusief broodje