NEWS | STATISTICS

GFI India unveils technical nutritional analysis of plant-based meat

Plant-based meat products contain between 9.1% and 20.8% protein and 4.6-16% dietary fibre

By **Shraddha Warde** | October 21, 2024



Report Unveiling

> WordPress post #33506

Plant-based meat products contain between 9.1% and 20.8% protein and 4.6-16% dietary fibre

The Good Food Institute India (GFI India), has unveiled an in-depth technical analysis of plant-based meat and egg products in the Indian market today. Released at the Smart Protein Forum, organised in collaboration with the University of Trans-Disciplinary Health Sciences & Technology (TDU), the findings indicate an impressive nutritional profile of plant-based alternatives vis-à-vis animal-based proteins. The assessment reinforces the potential of plant-based meat and egg products to enhance public health and cater to the evolving preferences of Indian consumers.

The study, conducted in two phases, compares the nutritional composition labels of plant-based meat and egg products in the Indian market with their animal-derived counterparts, highlighting their protein, fat, fibre, and micronutrient content. The findings reveal that plant-based egg products with mung bean as the protein source have the highest total amino acid content (57.45 g/100 g), and plant-based meat formats offer higher dietary fibre (4.6-16 per cent) than their animal-based counterparts.

Plant-based meat products contain between 9.1 per cent and 20.8 per cent protein, with several product formats fulfilling the ‘high-protein’ criteria set by FSSAI. These products maintain lower or comparable levels of saturated fat and excel in dietary fibre, with many exceeding the high-fibre classification of 6g per 100g. The significant fibre content contributes to digestive health and offers additional nutritional benefits.

Read online: https://nuffoodsspectrum.in/news/19/21632/gfi-india-unveils-technical-nutritional-analysis-of-plant-based-meat.html

© 2026 NUFFOODS Spectrum. All rights reserved.