

### Nutritional Data - Kielbasa vs Hot Dogs vs Hamburgers

	Hillshire Farms			Hebrew National			Hamburger (No Bun)	
	Beef Kielbasa	Lite Kielbasa	Turkey Kielbasa	Beef Frank	Red Fat Frank	97% Fat Free	85% Lean Burger (Baked as a Loaf)	90% Lean Burger (Baked as a Loaf)
Serve Size (oz)	2	2	2	1 frank	1 frank	1 frank	3	3
Serve Size (g)	56	56	56	49	45	45	85	85
Total Fat (g)	16	8	5	14	9	1	12	9
Sat Fat	5	3	1.5	6	3.5	0	5	4
Trans Fat	1	0	0	5	0	0	1	1
Cholesterol (mg)	35	30	30	25	20	10	77	73
Sodium (mg)	500	500	510	460	490	520	54	52
Protein(g)	7	9	9	6	5	6	22	23
Calories	180	110	90	150	110	40	204	182
Fat Cal	140	70	45	130	80	10	110	85

Source: [www.hillshirefarm.com](http://www.hillshirefarm.com) [www.hebrewnational.com](http://www.hebrewnational.com) [www.nutritiondata.self.com](http://www.nutritiondata.self.com)

Pages:

<http://www.hillshirefarm.com/search/SearchResults.aspx?q=kielbasa>

<http://www.hebrewnational.com/products/hot-dog-beef-franks.jsp?gclid=CNWa7qefmLgCFY2Z4AodMQkAzw>

<http://nutritiondata.self.com/facts/beef-products/6197/2#>