



VEGETABLE PROTEINS

BEANS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>Lentils/Pinto/ Navy</i>	100.00	g	131	8.6	23.9	398.91	0.49
	92.00	g	121	8.0	22.0	367.00	0.45
	0.50	c					
<i>Lima</i>	100.00	g	113	6.8	20.2	467.00	0.86
	78.00	g	88	5.3	15.7	364.26	0.67
	0.50	c					
<i>Broad or Fava</i>	100.00	g	72	5.6	11.7	250.00	0.60
	81.75	g	59	4.6	9.6	204.38	0.49
	0.75	c					
<i>Black beans, boiled</i>	100.00	g	132	8.9	23.7	355.00	0.54
	86.00	g	114	7.6	20.4	305.30	0.46
	0.50	c					
<i>Mungo, boiled</i>	100.00	g	105	7.5	18.3	231.00	0.55
	90.00	g	95	6.8	16.5	207.90	0.50
	0.50	c					
<i>sprouts, Mung</i>	100.00	g	30	3.0	5.9	149.00	0.18
	78.00	g	23	2.4	4.6	116.22	0.14
	0.75	c					
<i>Kidney, boiled</i>	100.00	g	127	8.7	22.8	405.00	0.50
	88.50	g	112	7.7	20.2	358.43	0.44
	0.50	c					
<i>Navy, boiled</i>	100.00	g	140	8.2	26.1	389.00	0.62
	91.00	g	127	7.5	23.7	353.99	0.56
	0.50	c					
<i>Lupin, boiled</i>	100.00	g	119	15.6	9.9	245.00	2.92
	83.00	g	99	12.9	8.2	203.35	2.42
	0.50	c					
<i>Pinto, frozen</i>	100.00	g	170	9.8	32.5	755.98	0.50
	94.49	g	161	9.3	31.0	714.34	0.47
	3.33	oz					
<i>Pinto, boiled</i>	100.00	g	143	9.0	26.2	436.00	0.65
	85.50	g	122	7.7	22.4	372.78	0.56
	0.50	c					
<i>White (Cannellini), boiled no salt</i>	100.00	g	139	9.7	25.1	561.00	0.35
	89.50	g	124	8.7	22.5	502.10	0.31
	0.50	c					

BEANS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>White, small, boiled, no salt</i>	100.00	g	142	9.0	25.8	463.00	0.64
	89.50	g	127	8.0	23.1	414.39	0.57
	0.50	c					
<i>sprouts, Kidney</i>	100.00	g	29	4.2	4.1	187.00	0.50
	92.00	g	27	3.9	3.8	172.04	0.46
	0.50	c					
<i>sprouts, Navy</i>	100.00	g	67	6.2	13.1	307.00	0.70
	78.00	g	52	4.8	10.2	239.46	0.55
	0.75	c					
<i>sprouts, Pinto</i>	100.00	g	62	5.3	11.6	307.00	0.90
	85.05	g	53	4.5	9.9	262.10	0.77
	3.00	oz					
<i>French, boiled</i>	100.00	g	129	7.1	24.0	370.00	0.76
	88.50	g	114	6.2	21.3	327.45	0.67
	0.50	c					
<i>baked, prepared</i>	100.00	g	155	5.5	21.6	358.00	5.15
	126.50	g	196	7.0	27.4	452.87	6.51
	0.50	c					
<i>Refried, canned</i>	100.00	g	90	5.0	13.6	319.00	2.01
	119.00	g	107	5.9	16.1	379.61	2.39
	0.50	c					
CHICKPEAS							
<i>garbanzos/ bengal gram, canned</i>	100.00	g	88	4.9	13.5	144.00	1.95
	120.00	g	106	5.9	16.2	172.80	2.34
	0.50	c					
<i>garbanzos/ bengal gram, boiled</i>	100.00	g	164	8.9	27.4	291.00	2.59
	82.00	g	134	7.3	22.5	238.62	2.12
	0.50	c					
<i>garbanzos/ bengal gram, canned drained, rinsed in tap water</i>	100.00	g	138	7.0	22.9	109.00	2.47
	152.00	g	210	10.7	34.8	165.68	3.75
	1.00	c					
<i>garbanzos/ bengal gram, canned low sodium</i>	100	g	88	4.9	13.5	144.00	1.95
	240	g	211	11.8	32.4	345.60	4.68
	1	c					
<i>flour</i>	100.00	g	387	22.4	57.8	846.00	6.69
	92.00	g	110	6.4	16.4	239.84	1.90
	1.00	c					

TOFU	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>soft with calcium sulfate and magnesium chloride (Nigari)</i>	100.00	g	61	7.2	1.2	120.00	3.69
	85.05	g	52	6.1	1.0	102.06	3.14
	3.00	oz					
<i>firm with calcium sulfate and magnesium chloride (Nigari)</i>	100.00	g	78	9.0	2.9	148.00	4.17
	85.05	g	66	7.7	2.4	125.87	3.55
	3.00	oz					
<i>silken tofu (Vitasoy USA)</i>	100.00	g	43	4.8	0.6	na	2.40
	91.00	g	39	4.4	0.5	na	2.18
	0.20	package					
TEMPEH							
<i>raw</i>	100.00	g	192	20.3	7.6	412.00	10.80
	83.00	g	159	16.8	6.3	341.96	8.96
	0.50	c					
<i>cooked</i>	100.00	g	185	19.9	7.6	401.00	11.38
EDAMAME							
<i>frozen, unprepared</i>	100.00	g	109	11.2	7.6	482.00	4.73
	118.00	g	129	13.2	9.0	568.76	5.58
	1.00	c					
<i>frozen, prepared</i>	100.00	g	121	11.9	8.9	436.00	5.20
	155.00	g	188	18.5	13.8	675.80	8.06
	1	c					
SPIRULINA							
<i>seaweed, fresh/ raw</i>	100.00	g	26	5.9	2.4	127.00	0.39
	28.35	g	7	1.7	0.7	36.00	0.11
	1.00	oz					
<i>seaweed, dried</i>	100.00	g	290	57.5	23.9	1363.00	7.72
	112.00	g	325	64.4	26.8	1526.56	8.65
	1.00	c					