



VEGETABLE PROTEINS

BEANS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Lentils/Pinto/ Navy	100.00	g	131	8.6	23.9	1.67	398.91	165.76	0.49
	92.00	g	121	8.0	22.0	1.54	367.00	152.50	0.45
	0.50	c							
Lima	100.00	g	113	6.8	20.2	8.00	467.00	136.00	0.86
	78.00	g	88	5.3	15.7	6.24	364.26	106.08	0.67
	0.50	c							
Broad or Fava	100.00	g	72	5.6	11.7	50.00	250.00	95.00	0.60
	81.75	g	59	4.6	9.6	40.88	204.38	77.66	0.49
	0.75	c							
Black beans, boiled	100.00	g	132	8.9	23.7	1.00	355.00	140.00	0.54
	86.00	g	114	7.6	20.4	0.86	305.30	120.40	0.46
	0.50	c							
Mungo, boiled	100.00	g	105	7.5	18.3	7.00	231.00	156.00	0.55
	90.00	g	95	6.8	16.5	6.30	207.90	140.40	0.50
	0.50	c							
sprouts, Mung	100.00	g	30	3.0	5.9	6.00	149.00	54.00	0.18
	78.00	g	23	2.4	4.6	4.68	116.22	42.12	0.14
	0.75	c							
Kidney, boiled	100.00	g	127	8.7	22.8	1.00	405.00	138.00	0.50
	88.50	g	112	7.7	20.2	0.89	358.43	122.13	0.44
	0.50	c							
Navy, boiled	100.00	g	140	8.2	26.1	0.00	389.00	144.00	0.62
	91.00	g	127	7.5	23.7	0.00	353.99	131.04	0.56
	0.50	c							
Lupin, boiled	100.00	g	119	15.6	9.9	4.00	245.00	128.00	2.92
	83.00	g	99	12.9	8.2	3.32	203.35	106.24	2.42
	0.50	c							
Pinto, frozen	100.00	g	170	9.8	32.5	92.00	755.98	117.00	0.50
	94.49	g	161	9.3	31.0	86.93	714.34	110.55	0.47
	3.33	oz							
Pinto, boiled	100.00	g	143	9.0	26.2	1.00	436.00	147.00	0.65
	85.50	g	122	7.7	22.4	0.86	372.78	125.69	0.56
	0.50	c							
White (Cannellini), boiled no salt	100.00	g	139	9.7	25.1	6.00	561.00	113.00	0.35
	89.50	g	124	8.7	22.5	5.37	502.10	101.14	0.31
	0.50	c							

BEANS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
White, small, boiled, no salt	100.00	g	142	9.0	25.8	2.00	463.00	169.00	0.64
	89.50	g	127	8.0	23.1	1.79	414.39	151.26	0.57
	0.50	c							
sprouts, Kidney	100.00	g	29	4.2	4.1	6.00	187.00	37.00	0.50
	92.00	g	27	3.9	3.8	5.52	172.04	34.04	0.46
	0.50	c							
sprouts, Navy	100.00	g	67	6.2	13.1	13.00	307.00	100.00	0.70
	78.00	g	52	4.8	10.2	10.14	239.46	78.00	0.55
	0.75	c							
sprouts, Pinto	100.00	g	62	5.3	11.6	153.00	307.00	94.00	0.90
	85.05	g	53	4.5	9.9	130.12	262.10	79.95	0.77
	3.00	oz							
French, boiled	100.00	g	129	7.1	24.0	6.00	370.00	102.00	0.76
	88.50	g	114	6.2	21.3	5.31	327.45	90.27	0.67
	0.50	c							
baked, prepared	100.00	g	155	5.5	21.6	422.00	358.00	109.00	5.15
	126.50	g	196	7.0	27.4	533.83	452.87	138.00	6.51
	0.50	c							
Refried, canned	100.00	g	90	5.0	13.6	370.00	319.00	92.00	2.01
	119.00	g	107	5.9	16.1	440.30	379.61	109.48	2.39
	0.50	c							
CHICKPEAS									
garbanzos/ bengal gram, canned	100.00	g	88	4.9	13.5	278.00	144.00	80.00	1.95
	120.00	g	106	5.9	16.2	333.60	172.80	96.00	2.34
	0.50	c							
garbanzos/ bengal gram, boiled	100.00	g	164	8.9	27.4	7.00	291.00	168.00	2.59
	82.00	g	134	7.3	22.5	5.74	238.62	137.76	2.12
	0.50	c							
garbanzos/ bengal gram, canned drained, rinsed in tap water	100.00	g	138	7.0	22.9	212.00	109.00	80.00	2.47
	152.00	g	210	10.7	34.8	322.24	165.68	121.60	3.75
	1.00	c							
garbanzos/ bengal gram, canned low sodium	100	g	88	4.9	13.5	132.00	144.00	80.00	1.95
	240	g	211	11.8	32.4	316.80	345.60	192.00	4.68
	1	c							
flour	100.00	g	387	22.4	57.8	64.00	846.00	318.00	6.69
	92.00	g	110	6.4	16.4	18.14	239.84	90.15	1.90
	1.00	c							

TOFU	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)	
soft with calcium sulfate and magnesium chloride (Nigari)	100.00	g	61	7.2	1.2	8.00	120.00	92.00	3.69	
	85.05	g	52	6.1	1.0	6.80	102.06	78.25	3.14	
	3.00	oz								
firm with calcium sulfate and magnesium chloride (Nigari)	100.00	g	78	9.0	2.9	12.00	148.00	121.00	4.17	
	85.05	g	66	7.7	2.4	10.21	125.87	102.91	3.55	
	3.00	oz								
silken tofu (Vitasoy USA)	100.00	g	43	4.8	0.6	2.00	na	na	2.40	
	91.00	g	39	4.4	0.5	1.82	na	na	2.18	
	0.20	package								
TEMPEH										
raw	100.00	g	192	20.3	7.6	9.00	412.00	266.00	10.80	
	83.00	g	159	16.8	6.3	7.47	341.96	220.78	8.96	
	0.50	c								
cooked	100.00	g	185	19.9	7.6	14.00	401.00	253.00	11.38	
EDAMAM E										
frozen, unprepared	100.00	g	109	11.2	7.6	6.00	482.00	161.00	4.73	
	118.00	g	129	13.2	9.0	7.08	568.76	189.98	5.58	
	1.00	c								
frozen, prepared	100.00	g	121	11.9	8.9	6.00	436.00	261.95	5.20	
	155.00	g	188	18.5	13.8	9.30	675.80	169.00	8.06	
	1	c								
SPIRULINA										
seaweed, fresh/ raw	100.00	g	26	5.9	2.4	98.00	127.00	11.00	0.39	
	28.35	g	7	1.7	0.7	27.78	36.00	3.12	0.11	
	1.00	oz								
seaweed, dried	100.00	g	290	57.5	23.9	1,048.00	1363.00	118.00	7.72	
	112.00	g	325	64.4	26.8	1,173.76	1526.56	132.16	8.65	
	1.00	c								