

Plant Based Protein Chart

Description:	Grams of Protein:	Daily Value (DV):	Serving Size:	Amount Eaten Today:	Amount of Protein Eaten Today:
Tofu (Extra Firm)	43.5	87%	1 Cup		
Tofu (Tempeh)	34	67%	1 Cup		
Tofu (Medium Firm)	20	40%	1 Cup		
Tofu (Soft)	18	36%	1 Cup		
Lentils	17.9	36%	1 Cup		
White Beans	17.4	35%	1 Cup		
Split Peas	16.3	33%	1 Cup		
Pinto Beans	15.4	31%	1 Cup		
Black Beans	15.2	30%	1 Cup		
Navy Beans	15	30%	1 Cup		
Lima Beans	14.7	29%	1 Cup		
Garbanzo Beans (Chick Peas)	14.5	29%	1 Cup		
Kamut	9.8	20%	1 Cup		
Teff	9.8	20%	1 Cup		
Soybean Sprouts	9.2	18%	1 Cup		
Green Peas	8.6	17%	1 Cup		
Quinoa	8.1	16%	1 Cup		
Peanut Butter	7.7	15%	2 Tbs		
Whole Wheat Pasta	7	14%	1 Cup		
Squash & Pumpkin Seeds	6.9	14%	1 Oz		
Peanuts	6.9	12%	1 Oz		
Almonds	6	12%	1 Oz		
Pistachios	6	12%	1 Oz		
Oatmeal	5.9	12%	1 Cup		
Sunflower Seeds	5.5	11%	1 Oz		
Spinach	5.3	11%	1 Cup cooked		
Flax Seeds	5.2	10%	1 Oz		
Collard Greens	5	10%	1 Cup cooked		
Sweet Corn	4.7	9%	1 Cup cooked		
Chia Seeds	4.7	9%	1 Oz		
Grits	4.4	9%	1 Cup		
Asparagus	4.3	9%	1 Cup cooked		
Cashews	4.3	9%	1 Oz		
Artichokes	4.2	8%	1 Medium		
Brussels Sprouts	4	8%	1 Cup Cooked		
Mustard Greens	3.5	7%	1 Cup cooked		
Swiss chard	3.5	7%	1 Cup cooked		
Kale	2.5	5%	1 Cup cooked		
Mushrooms (Portobello)	4	8%	1 Cup cooked		
Mushrooms (White Button)	3.9	8%	1 Cup cooked		
Broccoli	3.7	7%	1 Cup cooked		
Mushrooms (Shiitake)	3.5	7%	1 Cup cooked		
Mushrooms (Oyster)	3	6%	1 Cup cooked		
Mushrooms (Morels)	2	4%	1 Cup cooked		
Mushrooms (Cremeni)	2	4%	1 Cup cooked		
Mushrooms (Enokis)	1.5	3%	1 Cup cooked		
Recommended Value Men	56 grams	DAILY TOTAL:			
Recommended Value Women	49 grams				

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Source: USDA Department Of Agriculture Food Data Central www.fdc.nal.usda.gov