

## Plant-Based Protein List

Written by [Sharon Palmer](#), MSFS, RDN; Adapted from her book [\*The Plant-Powered Diet\*](#).

Plant Proteins	Serv Size	Cal	Protein	Fat	Sat Fat	Star Nutrients (at least 10% DV per serving)
<b>Almonds</b>	1 oz (23 nuts)	169	6 g	15 g	1 g	Fiber, vitamin E, riboflavin, magnesium, manganese, phosphorus, copper
<b>Black beans, cooked</b>	1/2 cup	114	8 g	0.5 g	0 g	Fiber, thiamin, folate, iron, magnesium, phosphorus, manganese
<b>Black-eyed peas, cooked</b>	1/2 cup	100	7 g	0.5 g	0 g	Fiber, thiamin, folate, iron, magnesium, phosphorus, copper, manganese
<b>Brazil nuts</b>	1 oz (6-8 nuts)	190	4 g	19 g	5 g	Thiamin, magnesium, phosphorus, copper, manganese, selenium
<b>Cashews</b>	1 oz (18 nuts)	160	4 g	13 g	3 g	Vitamin K, iron, magnesium, phosphorus, zinc, copper, manganese
<b>Chia seeds</b>	1 oz (2-1/2 tbsp)	137	4 g	9 g	1 g	Fiber, calcium, phosphorus, manganese
<b>Chickpeas (garbanzo beans), cooked</b>	1/2 cup	135	8 g	2 g	0 g	Fiber, folate, iron, magnesium, phosphorus, copper, manganese
<b>Fava beans, cooked</b>	1/2 cup	94	7 g	0.5 g	0 g	Fiber, folate, phosphorus, copper, manganese
<b>Flaxseeds</b>	1 oz (3 tbsp)	150	5 g	12 g	1 g	Fiber, thiamin, magnesium, phosphorus, copper, manganese, selenium
<b>Hazelnuts</b>	1 oz (21 nuts)	181	4 g	17 g	1 g	Fiber, vitamin E, magnesium, copper, manganese
<b>Hemp seeds, shelled</b>	1 oz (3 tbsp)	157	9 g	12 g	1 g	Iron, magnesium, zinc
<b>Kidney beans, cooked</b>	1/2 cup	113	8 g	0.5	0 g	Fiber, folate, iron, phosphorus, potassium, manganese
<b>Lentils, cooked</b>	1/2 cup	115	9 g	0.5 g	0 g	Fiber, thiamin, folate, iron, phosphorus, potassium, magnesium, zinc, copper, manganese
<b>Macadamia nuts</b>	1 oz (10-12 nuts)	203	2 g	21 g	3 g	Thiamin, copper, manganese
<b>Peanut butter</b>	2 tbsp	188	8 g	16 g	3 g	Fiber, vitamin E, niacin, magnesium, phosphorus, manganese
<b>Peanuts</b>	1 oz (28 "nuts")	164	7 g	14 g	2 g	Vitamin E, niacin, folate, magnesium, phosphorus, manganese
<b>Pecans</b>	1 oz (19 halves)	199	3 g	21 g	2 g	Fiber, copper, manganese
<b>Pine nuts</b>	1 oz (3 tbsp)	190	4 g	19 g	1 g	Vitamins E and K, magnesium, phosphorus, zinc, copper, manganese
<b>Pinto beans, cooked</b>	1/2 cup	123	8 g	0.5 g	0 g	Fiber, thiamin, vitamin B6, folate, iron, magnesium, phosphorus, potassium, manganese
<b>Pistachios</b>	1 oz (3-1/2 tbsp)	160	6 g	13 g	2 g	Fiber, thiamin, vitamin B6, phosphorus, copper, manganese
<b>Pumpkin seeds (pepitas), hulled</b>	1 oz (3 tbsp)	153	7 g	13 g	2 g	Vitamin K, iron, magnesium, phosphorus, zinc, copper, manganese
<b>Sesame seeds</b>	1 oz (3 tbsp)	160	5 g	14 g	2 g	Fiber, thiamin, vitamin B6, calcium, iron, magnesium, phosphorus, zinc, copper, manganese
<b>Soybeans, cooked</b>	1 c	254	22 g	12 g	1 g	Fiber, vitamins K and B6, riboflavin, folate, iron, magnesium, phosphorus, potassium, copper, manganese
<b>Split peas, cooked</b>	1/2 cup	116	8 g	0.5 g	0 g	Fiber, thiamin, folate, potassium, manganese
<b>Sunflower seeds, hulled</b>	1 oz (3-1/2 tbsp)	163	5 g	14 g	1 g	Fiber, vitamins E and B6, niacin, folate, pantothenic acid, phosphorus, zinc, copper, manganese, selenium
<b>Tofu, regular, with calcium</b>	1/2 cup (4oz)	94	10 g	6 g	1 g	Calcium, iron, phosphorus, copper, manganese, selenium
<b>Walnuts</b>	1 oz (14 halves)	185	4 g	18 g	2 g	Magnesium, phosphorus, copper, manganese,
<b>White beans, cooked</b>	1/2 cup	127	8 g	0.5 g	0 g	Fiber, thiamin, folate, iron, magnesium, phosphorus, potassium, manganese

Source: Data from USDA National Nutrient Database for Standard Reference, <http://ndb.nal.usda.gov>.

Sat Fat= saturated fat; DV= Daily Value, based on 2,000 calories/day; oz= ounce; g= gram; tbsp= tablespoon