

Plant-Based Sources of Protein

Here are some options for plant-based sources of protein. Remember to select a variety of sources throughout your day and week to help you achieve optimal amounts of this essential nutrient.

Food	Amount	Protein (g)	Protein (g/100 cal)
Almond butter	2 Tbsp	7	3.4
Almonds	1/4 cup	8	3.7
Black beans, cooked	1 cup	15	6.7
Black-eyed peas, cooked	1 cup	13	6.7
Broccoli, cooked	1 cup	4	6.7
Bulgur, cooked	1 cup	6	3.7
Cashews	1/4 cup	5	2.7
Chickpeas, cooked	1 cup	15	5.4
Kidney beans, cooked	1 cup	15	6.8
Lentils, cooked	1 cup	18	7.8
Lima beans, cooked	1 cup	15	6.8
Peanut butter	2 Tbsp	8	4.1
Peas, cooked	1 cup	8	6.6
Pinto beans, cooked	1 cup	15	6.3
Quinoa, cooked	1 cup	8	3.7
Seitan	3 oz	21	17.5
Soy milk, commercial, plain	1 cup	7	7
Soybeans, cooked	1 cup	29	9.6
Spinach, cooked	1 cup	5	13
Sunflower seeds	1/4 cup	6	3.3
Tempeh	1 cup	31	9.6
Tofu, firm	4 oz	11	10.6
Tofu, regular	4 oz	10	10.7
Whole-wheat bread	2 slices	7	5.2

Sources: USDA Nutrient Database for Standard Reference, Release 24, 2011 and manufacturers' information.

The recommendation for protein for adult male vegans is around 63 grams per day;

for adult female vegans it is around 52 grams per day.



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