

HYH SAFE Plant-based protein chart

Source <http://www.theholykale.com/plant-based-protein-chart/>

Please remember triggers are individual.

<u>Seed (1/4 Cup; 4 tbs)</u>	<u>Protein (g)</u>	<u>Grains (1 Cup cooked)</u>	<u>Protein (g)</u>
Chia Seed	12	Triticale	25
Hemp Seed	10	Millet	8.4
Flax Seed	8	Amaranth	7
Sunflower Seed	8	Oat, bran	7
Pumpkin Seed	7	Wild Rice	7
Sesame Seed	7	Rye Berries	7
		Whole Wheat Couscous	6
<u>Beans (1 Cup cooked)</u>	<u>Protein (g)</u>	Bulgar Wheat	6
Adzuki	17	Buckwheat	6
Cannellini (white beans)	17	Teff	6
Cranberry bean	17	Oat Groats	6
Split Peas	16	Barley	5
Anasazi	15	Quinoa	5-8
Black Bean	15	Brown Rice	5
Garbanzos (chick peas)	15	Spelt	5
Kidney Bean	15		
Great Northern Beans	15	<u>Other Sources</u>	<u>Protein (g)</u>
Pink Beans	15	Egg	6
Black-eyed Peas	14	(included as a protein reference)	
Mung Beans	14		
Pinto Beans	14		
Green Peas	9		
<u>Vegetables (cooked)</u>	<u>Protein (g)</u>	<u>Vegetables (cooked)</u>	<u>Protein (g)</u>
Corn (1 large cob)	5	Sweet Potato (1 cup)	3
Potato (with skin)	5	Cabbage (1 cup)	2
Mushroom, Oyster (1 cup)	5	Carrot (1 cup)	2
Collard Greens (1 cup)	4	Cauliflower (1 cup)	2
Peas (1/2 cup)	4	Rutabaga	2
Artichoke (medium)	4	Squash	2
Broccoli (1 cup)	4	Celery (1 cup)	1
Brussel Sprouts (1 cup)	4	Spinach (1 cup)	1
Mushroom,Shitake (1 cup)	3.5	Bell Peppers (1 cup)	1
Fennel (1 medium bulb)	3	Cucumber (1 cup)	1
Swiss Chard (1 cup)	3	Eggplant (1 cup)	1
Kale (1 cup)	2.5	Leeks (1 cup)	1
Asparagus (5 spears)	2	Lettuce (1 cup)	1
String Beans (1 cup)	2	Okra (1/2 cup)	1
Beets (1 cup)	2		