

# LEGUME & BEAN PROTEIN CHART

Nutritional values based on 1 cup (approx. 170g-200g) cooked serving

| VARIETY               | PROTEIN (G) | FIBER (G) | CALORIES |
|-----------------------|-------------|-----------|----------|
| Soybeans (Edamame)    | <b>31g</b>  | 10g       | 295      |
| Lentils (Brown/Green) | <b>18g</b>  | 16g       | 230      |
| Split Peas            | <b>16g</b>  | 16g       | 231      |
| Pinto Beans           | <b>15g</b>  | 15g       | 245      |
| Chickpeas (Garbanzo)  | <b>15g</b>  | 13g       | 269      |
| Black Beans           | <b>15g</b>  | 15g       | 227      |
| Kidney Beans          | <b>15g</b>  | 13g       | 225      |
| Navy Beans            | <b>15g</b>  | 19g       | 255      |
| Lima Beans            | <b>15g</b>  | 13g       | 209      |
| Black-Eyed Peas       | <b>13g</b>  | 11g       | 200      |

Values are approximate. Consult nutritional labels for specific brands.