

LEGUMES & PULSES

Complex Carbohydrate & Fiber Reference Chart (Per 100g Cooked)

VARIETY	CARBS (G)	FIBER (G)	GLYCEMIC INDEX
Lentils			
Brown Lentils	20g	8g	Low (29)
Red Lentils	19g	7g	Low (26)
Beans			
Black Beans	23g	9g	Low (30)
Chickpeas (Garbanzo)	27g	8g	Low (28)
Kidney Beans	22g	7g	Low (24)
Navy Beans	25g	10g	Low (31)
Peas & Others			
Split Peas	21g	8g	Low (32)

VARIETY	CARBS (G)	FIBER (G)	GLYCEMIC INDEX
Edamame (Soy)	10g	5g	Very Low (18)
Black-Eyed Peas	21g	7g	Low (33)