

VEGETARIAN PROTEIN CHART

by Paula Marie Coomer

Protein Sources (Vegan and Gluten-free):

Almonds	3 g in 12 nuts
Almond milk	2 g in 1 cup
Almond butter	2 g in 1 tbsp
Apricots	1.5 g in 3 medium
Asparagus	3 g in 1½ stalks
Avocado	6 g in one 3½ inch diameter
Bananas	1.5 g in 1 medium
Beets	2 g in ¾ cup cooked
Black beans	5.5 g in ½ cup cooked
Blackberries	1.5 g in 1 cup
Black-eyed peas	6.5 g in ½ cup cooked
Blueberries	1.5 g in 1 cup
Brown rice	2.5 g in ½ cup cooked
Brown rice flour	11 g in 1 cup
Buckwheat flour	11 g in 1 cup
Cabbage	2 g in 1 cup cooked
Carrot	1 g in 1 large carrot
Cashews	3 g in 11 nuts
Cauliflower	3 g in 1 cup raw
Celery	1 g in 1 cup raw
Chard	3 g in 1 cup cooked
Cherries	2 g in 20
Chocolate (for baking)	4 g in 1 oz
Coconut	2 g in a piece 1×1×2
Collard greens	7 g in 1 cup cooked
Corn	3 g in 1 cup cooked
Cucumber	2 g in 6 slices
Dandelion greens	2 g in 1 cup cooked
Eggplant	2 g in 1 cup cooked
Garbanzo beans	7 g in ½ cup cooked
Green Beans	2 g in 1 cup cooked
Hemp protein powder	9-15 g in 3 tbsp

Kale	5 g in 1 cup cooked
Leeks	2 g in 1 cup cooked
Lentils	7 g in ½ cup cooked
Lettuce (all varieties)	1.5 g in 2 cups
Lima Beans	6 g in ½ cup cooked
Millet	1.5 g in ½ cup cooked
Miso	2 g in 1 tbsp
Mustard greens	3 g in 1 cup cooked
Nutritional yeast	2.5 g in 1 tbsp
Oats	3 g in ½ cup cooked
Oat milk	4 g in 1 cup
Okra	3 g in 1 cup cooked
Orange	1.5 g in 1 medium
Parsnips	2 g in 1 cup cooked
Peanuts	5 g in 18 nuts
Peanut butter	4 g in 1 tbsp
Peas	8 g in 1 cup cooked
Pinto beans	7.3 g in ½ cup cooked
Pistachios	3.5 g in 30 nuts
Plums	3 g in 3 medium
Popcorn	1 g in 1 cup popped
Potatoes	4 g in 4×2 inch baked
Pumpkin	2 g in 1 cup cooked
Pumpkin seeds	5 g in 2 tbsp
Quinoa	5 g in ½ cup cooked
Raisins	1.5 g in ¼ cup
Sorghum flour	16 g in 1 cup
Soybeans	11 g in ½ cup cooked
Spinach	4 g in 2 cups raw
Split peas	8 g in ½ cup cooked
Summer squash	2 g in 1 cup cooked
Sunflower butter	3 g in 1 tbsp
Sunflower seeds	4 g in 2 tbsp
Sweet potato	3 g in 5×2 inch baked

Tangerine	2 g in 3 medium
Tempeh	11 g in 2 oz
Tofu	9 g in a 2×2×1 inch piece
Tomato	3 g in 1 cup cooked
Turnip	1.5 g in 1 cup raw
Walnuts	2 g in 8 halves
Watermelon	3 g in 1×10 slice
White beans	8 g in ½ cup cooked
Wild rice	4 g in ½ cup cooked
Winter squash	4 g in 1 cup cooked

Vegetarians add:

Cheddar cheese	8 g in 1 oz
Chicken egg	6 g in 1 large egg
Cottage cheese	15 g in ½ cup
Half and half	1 g in 2 tbsp
Ice cream	4 g in ¾ cup
Mozarella	8 g in 1 oz
Parmesan cheese	2 g in 1 tbsp
Ricotta cheese	6 g in ½ cup
Swiss cheese	10 g in 1 oz
Whole milk	8 g in 1 cup
Yogurt (whole milk)	8 g in 1 cup

Gluten Tolerant add:

Barley	3 g in ½ cup cooked
Rye flour	17 g in 1 cup
Whole wheat flour	16 g in 1 cup
Wheat flour (unbleached)	10 g in 1 cup
Wheat germ	1.5 g in 1 tbsp