







# Plant Based Protein List

NUTRITION FACTS BASED ON 100 CALORIE SERVING FOR ALL FOODS









## Grains, Pastas, Breads

*\*indicates raw food macros/ measurement*

	 CALORIES	 PROTEIN	 CARBS	 FAT	 FIBER	 ALLERGEN
Black Bean Pasta*	100	14	13	1	7	
Adzuki Bean Pasta*	100	10	12	1	6	
Green Rotini*	100	8	18	.5	2	
Chickpea Penne Pasta*	100	7	17	2	4	
Ancient Harvest POW Rotini*	100	7	18	.5	4	
Lentil Rotini*	100	6	17	.5	1	
Barilla Protein Plus Rotini*	100	5	20	1	2	
Ezekiel 4:9 Bread	100	5	18	.6	4	Wheat
Trader Joe's Pita Bread	100	4	19	.7	2	Wheat
Wild Rice*	100	4	21	3	2	
Quinoa*	100	4	17	2	2	
Teff Flour*	100	4	20	.7	2	
Oatmeal*	100	4	18	2	3	
Couscous*	100	3	21	.2	1	
Buckwheat*	100	3	22	1	3	
Millet*	100	3	19	1	2	
Cornmeal*	100	2	21	1	2	










## Nuts and Seeds

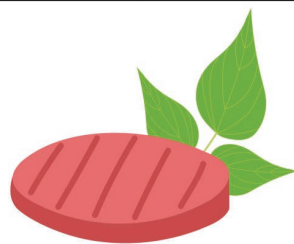
	 CALORIES	 PROTEIN	 CARBS	 FAT	 FIBER	 ALLERGEN
Pumpkin Seeds	100	5	3	9	1	
Hemp Hearts	100	5	2	7	1	
Peanuts	100	5	3	9	2	
Peanut Butter	100	4	4	9	1	
Almonds	100	4	4	9	2	
Pistachios	100	4	5	8	2	
Sunflower Seeds	100	4	3	9	2	
Flax Seeds	100	3	5	8	5	
Chia Seeds	100	3	9	6	7	
Cashews	100	3	6	8	1	
Sesame Seeds	100	3	2	10	2	
Tahini	100	3	4	9	2	
Sunflower Butter	100	3	4	9	1	
Walnuts	100	2	2	10	1	
Brazil Nuts	100	2	2	10	1	









## Protein Powders

	 CALORIES	 PROTEIN	 CARBS	 FAT	 FIBER	 ALLERGEN
True Nutrition Pea Protein Isolate	100	22	1	1	1	
Now Foods Soy Protein	100	22	1	1	0	Soy
GNC Soy Protein Isolate	100	22	0	2	0	Soy
True Protein Rice Protein Concentrate	100	21	3	0	2	
Naked Nutrition Protein Brown Rice Protein	100	21	3	0	1	Soy
Naked Nutrition Pea Protein	100	20	2	0	0	

	 CALORIES	 PROTEIN	 CARBS	 FAT	 FIBER	 ALLERGEN
Optimum Nutrition Soy Protein	100	20	2	1	0	
Vega Sport Performance Protein	100	20	3	2	1	
Garden of Life Raw Organic Protein	100	20	2	2	1	
True Nutrition Pumpkin Plus	100	20	1	2	1	
Vega Clean Protein	100	19	4	2	2	
Sun Warrior - Warrior Blend	100	19	6	0	2	
Vega Proteins and Greens	100	18	6	1	2	
Plant Fusion Complete Plant Protein	100	18	3	2	0	
Sun Warrior Classic Protein	100	17	4	1	3	
Amazing Grass Vegan Vanilla Protein	100	17	5	2	3	
Manitoba Harvest Hemp Pro 70	100	14	3	3	0	
Orgain Chocolate Protein	100	14	9	3	3	
Spirulina Powder	100	13	7	0	0	
Manitoba Harvest Hemp Pro 50	100	13	7	3	6	
Nutiva Hemp Protein	100	12	7	2	7	
Aloha Chocolate	100	12	7	3	2	
Bob's Red Mill Vanilla Protein Booster	100	11	11	2	7	
PB2 Powdered Peanut Butter	100	11	11	3	4	









## Meat Alternative

	 CALORIES	 PROTEIN	 CARBS	 FAT	 FIBER	 ALLERGEN
Seitan	100	17	9	0	1	Wheat
Boca Burger	100	13	9	3	4	Soy
Tofu	100	12	4	5	1	Soy
Tofurkey Italian Sausage	100	11	3	5	0	Wheat/Soy
Tempeh	100	11	4	6	2	Soy
Veganegg	100	9	14	3	3	Soy
Amy's Black Bean Burger	100	5	14	4	3	Wheat/Soy





## Beans and Legumes

	 CALORIES	 PROTEIN	 CARBS	 FAT	 FIBER	 ALLERGEN
Edamame	100	10	7	4	4	Soy
Lentil*	100	7	18	0	3	
Split Peas*	100	7	18	4	2	
Kidney Beans*	100	7	18	0	5	
Navy Beans*	100	7	18	0	5	
Black Beans*	100	6	18	0	5	
Pinto Beans*	100	6	18	0	7	
Garbanzo Beans*	100	6	17	2	5	
Refried Beans, Canned	100	6	15	2	4	
Hummus	100	4	11	5	3	









## Vegetables

	 CALORIES	 PROTEIN	 CARBS	 FAT	 FIBER	 ALLERGEN
Mushrooms*	100	14	15	1	5	
Spinach*	100	13	16	2	10	
Asparagus*	100	11	20	1	11	
Mung Bean Sprouts*	100	10	20	1	6	
Kale*	100	9	18	2	7	
Broccoli*	100	8	19	1	8	
Brussel Sprouts*	100	8	21	1	9	
Cauliflower*	100	8	20	1	8	
Snow Peas*	100	7	18	1	6	
Green Peas*	100	7	18	1	7	
Artichoke Canned	100	6	23	1	11	
Corn*	100	4	22	2	3	
Pumpkin Canned	100	3	24	1	9	
Carrots*	100	2	23	1	7	



## Dairy Alternatives

	 CALORIES	 PROTEIN	 CARBS	 FAT	 FIBER	 ALLERGEN
Nutritional Yeast	100	15	10	0	5	
Flax Milk+Protein	100	12	3	5	0	
Soy Milk	100	9	4	5	2	Soy
Soy Yogurt	100	8	8	4	3	
Almond Milk	100	4	4	7	0	
Cashew Milk	100	4	4	8	0	
Cashew Yogurt	100	4	4	7	1	
Hemp Milk	100	3	1	10	0	
Daiya Cheese	100	2	8	8	0	
Daiya Yogurt	100	5	13	3	2	