



50 Vegan Protein Sources [Includes Protein Amounts Per Typical Serving Size]

Source: USDA FoodData Central

Protein Source	Protein (g)	Serving Size
Lentils, cooked	17.9	1 cup (198g)
Chickpeas, cooked	14.5	1 cup (164g)
Black beans, cooked	15.2	1 cup (172g)
Kidney beans, cooked	13.4	1 cup (177g)
Navy beans, cooked	15	1 cup (182g)
Pinto beans, cooked	15.4	1 cup (171g)
Split peas, cooked	16.3	1 cup (196g)
Edamame, cooked	17	1 cup (155g)
Mung beans, cooked	14.2	1 cup (202g)
Soybeans, cooked	28.6	1 cup (172g)
Firm tofu	21.8	1 block (349g)
Tempeh	30.8	1 cup (166g)
Soy milk, unsweetened	7	1 cup (243g)
Quinoa, cooked	8.1	1 cup (185g)
Amaranth, cooked	9.3	1 cup (246g)
Oats, cooked	6	1 cup (234g)
Buckwheat, cooked	5.7	1 cup (168g)
Brown rice, cooked	5	1 cup (195g)
Wild rice, cooked	6.5	1 cup (164g)
Millet, cooked	6.1	1 cup (174g)
Barley, cooked	3.5	1 cup (157g)
Farro, cooked	5.1	1 cup (196g)

Teff, cooked	9.8	1 cup (252g)
Peanuts	7.3	1 oz (28g)
Almonds	6	1 oz (28g)
Pistachios	5.8	1 oz (28g)
Cashews	5.2	1 oz (28g)
Walnuts	4.3	1 oz (28g)
Chia seeds	4.7	2 tbsp (28g)
Hemp seeds	9.5	3 tbsp (30g)
Pumpkin seeds	8.5	1 oz (28g)
Flaxseeds	3	1 tbsp (10g)
Sesame seeds	5	2 tbsp (18g)
Sunflower seeds	5.5	1 oz (28g)
Spinach, cooked	5.4	1 cup (180g)
Broccoli, cooked	4.6	1 cup (156g)
Brussels sprouts, cooked	4	1 cup (156g)
Asparagus, cooked	4.3	1 cup (180g)
Artichokes, cooked	4.8	1 medium (120g)
Kale, cooked	3.5	1 cup (130g)
Nutritional yeast	8	2 tbsp (16g)
Seitan	21	3 oz (85g)
Textured vegetable protein	12	1/4 cup dry (30g)
Pea protein powder	20	1 scoop (28g)
Spirulina	4	1 tbsp (7g)
Soy yogurt, plain	6	1 cup (245g)
Almond butter	7	2 tbsp (32g)
Peanut butter	8	2 tbsp (32g)
Tahini	5	2 tbsp (30g)

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