

Plant-Powered Protein List

From *The Plant-Powered Diet* by Sharon Palmer, RD

Sat Fat= saturated fat; DV= Daily Value, based on 2,000 calories/day; oz= ounce; g= gram; tbsp= tablespoon

Plant-Powered Proteins	Serving Size	Calories	Protein	Fat	Sat Fat	Star Nutrients* (at least 10% DV per serving)
Almonds	1 oz (23 nuts)	169	6 g	15 g	1 g	Fiber, vitamin E, riboflavin, magnesium, manganese, phosphorus, copper
Black beans, cooked	1/2 cup	114	8 g	0.5 g	0 g	Fiber, thiamin, folate, iron, magnesium, phosphorus, manganese
Black-eyed peas, cooked	1/2 cup	100	7 g	0.5 g	0 g	Fiber, thiamin, folate, iron, magnesium, phosphorus, copper, manganese
Brazil nuts	1 oz (6–8 nuts)	190	4 g	19 g	5 g	Thiamin, magnesium, phosphorus, copper, manganese, selenium
Cashews	1 oz (18 nuts)	160	4 g	13 g	3 g	Vitamin K, iron, magnesium, phosphorus, zinc, copper, manganese
Chia seeds	1 oz (2-1/2 tbsp)	137	4 g	9 g	1 g	Fiber, calcium, phosphorus, manganese
Chickpeas (garbanzo beans), cooked	1/2 cup	135	8 g	2 g	0 g	Fiber, folate, iron, magnesium, phosphorus, copper, manganese
Fava beans, cooked	1/2 cup	94	7 g	0.5 g	0 g	Fiber, folate, phosphorus, copper, manganese
Flaxseeds	1 oz (3 tbsp)	150	5 g	12 g	1 g	Fiber, thiamin, magnesium, phosphorus, copper, manganese, selenium
Hazelnuts	1 oz (21 nuts)	181	4 g	17 g	1 g	Fiber, vitamin E, magnesium, copper, manganese
Hemp seeds, shelled	1 oz (3 tbsp)	157	9 g	12 g	1 g	Iron, magnesium, zinc
Kidney beans, cooked	1/2 cup	113	8 g	0.5 g	0 g	Fiber, folate, iron, phosphorus, potassium, manganese
Lentils, cooked	1/2 cup	115	9 g	0.5 g	0 g	Fiber, thiamin, folate, iron, phosphorus, potassium, magnesium, zinc, copper, manganese
Macadamia nuts	1 oz (10–12 nuts)	203	2 g	21 g	3 g	Thiamin, copper, manganese
Peanut butter	2 tbsp	188	8 g	16 g	3 g	Fiber, vitamin E, niacin, magnesium, phosphorus, manganese
Peanuts	1 oz (28 “nuts”)	164	7 g	14 g	2 g	Vitamin E, niacin, folate, magnesium, phosphorus, manganese
Pecans	1 oz (19 halves)	199	3 g	21 g	2 g	Fiber, copper, manganese
Pine nuts	1 oz (3 tbsp)	190	4 g	19 g	1 g	Vitamins E and K, magnesium, phosphorus, zinc, copper, manganese
Pinto beans, cooked	1/2 cup	123	8 g	0.5 g	0 g	Fiber, thiamin, vitamin B6, folate, iron, magnesium, phosphorus, potassium, manganese
Pistachios	1 oz (3-1/2 tbsp)	160	6 g	13 g	2 g	Fiber, thiamin, vitamin B6, phosphorus, copper, manganese
Pumpkin seeds (pepitas), hulled	1 oz (3 tbsp)	153	7 g	13 g	2 g	Vitamin K, iron, magnesium, phosphorus, zinc, copper, manganese
Sesame seeds	1 oz (3 tbsp)	160	5 g	14 g	2 g	Fiber, thiamin, vitamin B6, calcium, iron, magnesium, phosphorus, zinc, copper, manganese
Soybeans, cooked	1 c	254	22 g	12 g	1 g	Fiber, vitamins K and B6, riboflavin, folate, iron, magnesium, phosphorus, potassium, copper, manganese
Split peas, cooked	1/2 cup	116	8 g	0.5 g	0 g	Fiber, thiamin, folate, potassium, manganese
Sunflower seeds, hulled	1 oz (3-1/2 tbsp)	163	5 g	14 g	1 g	Fiber, vitamins E and B6, niacin, folate, pantothenic acid, phosphorus, zinc, copper, manganese, selenium
Tofu, regular, with added calcium	1/2 cup (4 oz)	94	10 g	6 g	1 g	Calcium, iron, phosphorus, copper, manganese, selenium
Walnuts	1 oz (14 halves)	185	4 g	18 g	2 g	Magnesium, phosphorus, copper, manganese,
White beans, cooked	1/2 cup	127	8 g	0.5 g	0 g	Fiber, thiamin, folate, iron, magnesium, phosphorus, potassium, manganese

Source: Data from USDA National Nutrient Database for Standard Reference, <http://ndb.nal.usda.gov>



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