

Vegan Foods with Protein

| Food | Amount | Protein (g) | |
|-------------------------------|-------------------|-------------|---|
| Lentils, cooked | 1 cup | 18 | |
| Black beans, cooked | 1 cup | 15 |  |
| Kidney beans, cooked | 1 cup | 15 | |
| Chickpeas, cooked | 1 cup | 15 | |
| Pinto beans, cooked | 1 cup | 15 | |
| Tofu, firm | 1 cup | 11 | |
| Tofu, regular | 1 cup | 10 | |
| Tempeh | 1 cup | 31 |  |
| Bagel | 1 medium (3.5 oz) | 10 | |
| Quinoa, cooked | 1 cup | 8 | |
| Wild Rice, cooked | 1 cup | 7 | |
| Peas, cooked | 1 cup | 8 | |
| Peanut Butter | 2 Tbsp | 8 |  |
| Almond Butter | 2 Tbsp | 7 | |
| Whole wheat spaghetti, cooked | 1 cup | 5 | |
| Almonds | ¼ cup | 8 | |
| Soy milk, commercial, plain | 1 cup | 7 | |
| Whole wheat bread | 2 slices | 7 | |
| Soy yogurt, plain | 8 ounces | 6 |  |
| Sunflower seeds | ¼ cup | 6 | |
| Spinach, cooked | 1 cups | 3 | |
| Broccoli, cooked | 1 cup | 4 | |
| Artichoke hearts, cooked | 1 cup | 5 | |
| Potato, baked | 1 small potato | 3 | |

Source: United States Department of Agriculture, Agricultural Research Service. National Nutrient Database for Standard Reference Release 27. Available at <http://ndb.nal.usda.gov/>. Accessed June 2015.