



27 Vegetables Highest in Protein

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1. Sprouted Beans, Peas & Lentils (Soybean Sprouts)



Per 1/2 cup (35g) = 4.6g

2. Lima Beans (Cooked)



Per cup (170g) = 11.6g

3. Peas (Green)



Per cup (145g) = 7.9g

4: Succotash (Corn And Limas, cooked)



Per cup (192g) = 9.7g

5. Kale



Per cup (16g) = 0.7g

6. Broccoli Raab (Cime di Rapa, cooked)



Per serving (85g) = 3.3g

7. Mushrooms (White, cooked)



Per cup, sliced (108g) = 3.9g

8. Mangetout (Edible-Podded Peas, cooked)



Per cup (160g) = 5.6g

9. Sweet Corn (Yellow)



Per cup (145g) = 4.7g

10. Artichokes (Globe or French)



Per cup, sliced (108g) = 3.9g

11. Spinach (Cooked)



Per cup (180g) = 5.3g

12. Collard Greens



Per cup (36g) = 1.1g

13. Parsley



Per tablespoon (4g) = 0.1g

14. Mustard Greens



Per cup (56g) = 1.6g

15. Broccoli



1 cup chopped (91g) = 2.6g

16. Baby Zucchini (Courgettes)



Per zucchini (16g) = 0.4g

17. Garden Cress



Per cup (50g) = 1.3g

18. Beet Greens (Cooked)



Per cup (144g) = 3.7g

19. Arugula (Rocket)



Per 1/2 cup (10g) = 0.3g

20. Brussels Sprouts (Cooked)



Per 1/2 cup (78g) = 2g

21. Bamboo Shoots



Per cup (151g) = 3.9g

22. Squash (Hubbard, cooked)



Per cup, cubes (205g) = 5.1g

23. Asparagus (Cooked)



Per 1/2 cup (90g) = 2.2g

24. Sugar Snap Peas (Green, cooked)



Per cup, pieces (116g) = 2.7g

25. Watercress



Per cup (34g) = 0.8g

26. Cauliflower



1 cup chopped (107g) = 2.1g

27. Pak-Choi (Chinese Cabbage, cooked)



Per cup (170g) = 2.7g