

Plant-Based Protein Sources



VEGETABLES

Daily Protein for Women

- ◆ Nonpregnant: 0.4 grams per pound of body weight (0.8 g/kg)
- ◆ Pregnant: 0.5 grams per pound of body weight (1.1 g/kg)
- ◆ Breastfeeding: 0.6 grams per pound of body weight (1.3 g/kg)

SPINACH



Protein 5 g (10% DV)
Serving Size 1 cup (180 g)
Calories 41 kcal

COLLARD GREENS



Protein 5 g (10% DV)
Serving Size 1 cup (190 g)
Calories 63 kcal

ASPARAGUS



Protein 4 g (8% DV)
Serving Size 1 cup (180 g)
Calories 40 kcal

GREEN PEAS



Protein 4 g (8% DV)
Serving Size 1/2 cup (80 g)
Calories 67 kcal

BRUSSELS SPROUTS



Protein 8 g (8% DV)
Serving Size 1 cup (156 g)
Calories 56 kcal

BROCCOLI



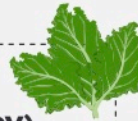
Protein 4 g (8% DV)
Serving Size 1 cup (156 g)
Calories 55 kcal

MUSTARD GREENS



Protein 4 g (8% DV)
Serving Size 1 cup (140 g)
Calories 36 kcal

KALE



Protein 3 g (6% DV)
Serving Size 1 cup (90 g)
Calories 43 kcal

MUSHROOMS



Iron 3 g (6% DV)
Serving Size 1 cup (156 g)
Calories 44 kcal

MUNG BEAN SPROUTS

Protein 3 g (6% DV)
Serving Size 1 cup (104 g)
Calories 21 kcal



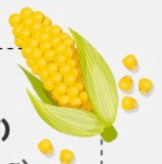
SWEET POTATOES

Protein 3 g (6% DV)
Serving Size 1 cup (176 g)
Calories 176 kcal



CORN

Protein 3 g (6% DV)
Serving Size 1/2 cup (75 g)
Calories 72 kcal



POTATOES

Protein 3 g (6% DV)
Serving Size 1 medium (136 g)
Calories 118 kcal



ARTICHOKES

Protein 2 g (4% DV)
Serving Size 1 cup (84 g)
Calories 45 kcal



CAULIFLOWER

Protein 2 g (4% DV)
Serving Size 1 cup (124 g)
Calories 29 kcal



This list includes leafy greens, sprouts, and other common vegetable with 2 or more grams (g) of proteins per serving. Green peas and corn are listed here although they are not technically vegetables. According to the FDA, the Daily Value percentage (% DV) of protein is based on 50g.