

LES SOURCES DE PROTÉINES VÉGÉTALES

LÉGUMINEUSES (CUITES) POUR 100 GRAMMES



Soja
38 g



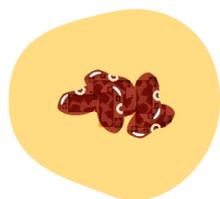
Tofu
10 g



Tempeh
18 g



Lentilles
9 g



Haricot rouge
9 g



Haricot Pinto
9 g



Haricot noir
9 g



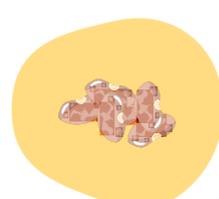
Petits pois
5g



Pois chiche
8 g



Pois cassés
9 g



Haricot blanc
7 g

CÉRÉALES POUR 100 GRAMMES



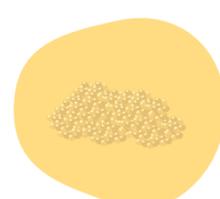
Seitan
26 g



Avoine
16 g



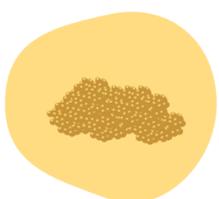
Sarrasin
11 g



Quinoa
4g



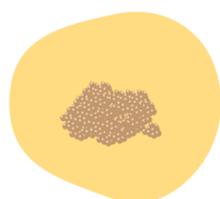
Riz
2 g



Boulgour
3 g



Mais
3 g



Orge
2 g

AUTRES (CRUS) POUR 100 GRAMMES



Spiruline
57 g



Cacahuète
22 g



Amande
21 g



Chia
16 g



Noix de cajou
15 g



Cacahuète
22 g



Graines de tournesol
21 g

Source : Table ciqual — ANSES