

LES SOURCES DE PROTÉINES VÉGÉTALES

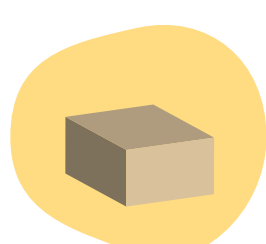
LÉGUMINEUSES (CUITES) POUR 100 GRAMMES



Soja
38 g



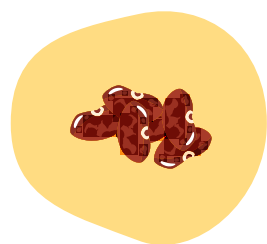
Tofu
10 g



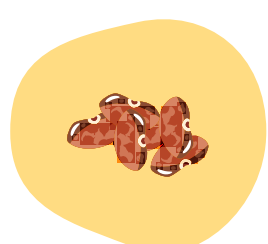
Tempeh
18 g



Lentilles
9 g



**Haricot
rouge**
9 g



**Haricot
Pinto**
9 g



**Haricot
noir**
9 g



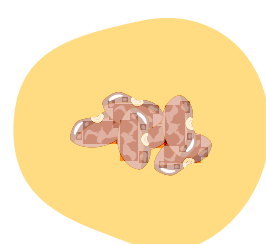
**Petits
pois**
5g



**Pois
chiche**
8 g

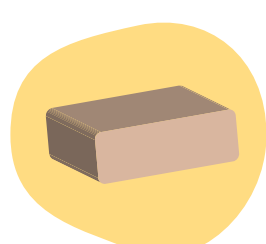


**Pois
cassés**
9 g



**Haricot
blanc**
7 g

CÉRÉALES POUR 100 GRAMMES



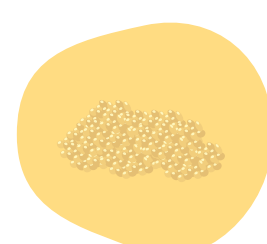
Seitan
26 g



Avoine
16 g



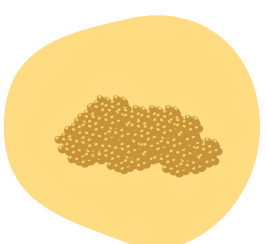
Sarrasin
11 g



Quinoa
4g



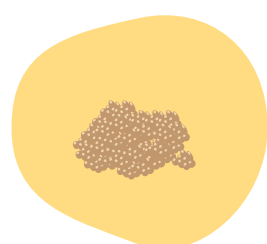
Riz
2 g



Boulgour
3 g

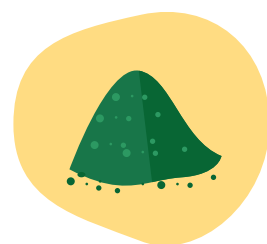


Mais
3 g



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