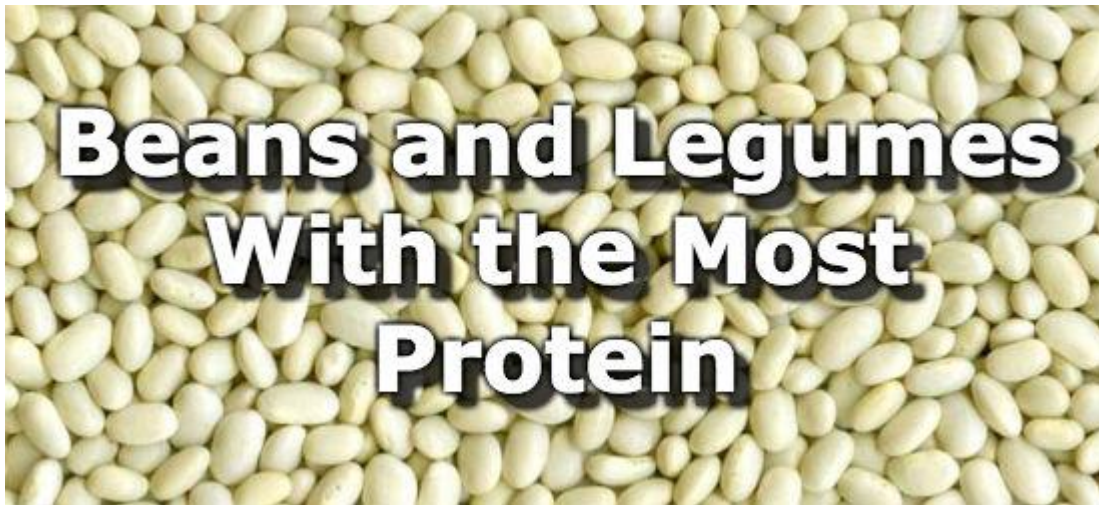


37 Beans and Legumes with the Most Protein



Beans and legumes are an inexpensive food, commonly found in diets all over the world. High in [fibre](#), calcium, and iron, beans and legumes are also a great source of protein. Combined with [high protein whole grains](#) like [buckwheat](#), [brown rice](#), [millet](#), [quinoa](#), and [teff](#), beans and legumes not only make a delicious meal, but often provide the full complement of essential amino acids needed by humans. Here is a list of beans and legumes which provide the most protein. The list is ranked by the protein to calorie ratio, that is, which bean provides the most protein per calorie. In general, the more mature a bean or legume, the richer in protein it will be. For more information see the [extended list of protein rich bean and legume products](#), and the list of [protein rich beans ranked by their protein percentages](#).



#1: Lupin Beans (Cooked)

Protein in 100g	Per cup (166g)	Protein to Calorie Ratio
15.6g	25.8g	1g protein per 7.4 calories

[Click to see complete nutrition facts.](#)



#2: Tofu

Protein in 100g	Per 1/4 block (116g)	Protein to Calorie Ratio
8.1g	9.4g	1g protein per 9.4 calories

[Click to see complete nutrition facts.](#)



#3: Soybeans (Boiled)

Protein in 100g	Per cup (172g)	Protein to Calorie Ratio
16.6g	28.6g	1g protein per 10.4 calories

[Click to see complete nutrition facts.](#)



#4: Tempeh

Protein in 100g	Per cup (166g)	Protein to Calorie Ratio
18.5g	30.8g	1g protein per 10.4 calories

[Click to see complete nutrition facts.](#)



#5: Soybeans (Roasted)

Protein in 100g	Per cup (93g)	Protein to Calorie Ratio
39.6g	36.8g	1g protein per 11.4 calories

[Click to see complete nutrition facts.](#)



#6: Soymilk (Unsweetened)

Protein in 100g	Per cup (243g)	Protein to Calorie Ratio
2.9g	7g	1g protein per 11.4 calories

[Click to see complete nutrition facts.](#)



#7: Lentils (Cooked)

Protein in 100g	Per cup (198g)	Protein to Calorie Ratio
9g	17.9g	1g protein per 12.9 calories

[Click to see complete nutrition facts.](#)



#8: Winged Beans (Cooked)

Protein in 100g	Per cup (172g)	Protein to Calorie Ratio
10.6g	18.3g	1g protein per 13.9 calories

[Click to see complete nutrition facts.](#)



#9: Split Peas (Cooked)

Protein in 100g	Per cup (196g)	Protein to Calorie Ratio
8.3g	16.3g	1g protein per 14 calories

[Click to see complete nutrition facts.](#)



#10: Mungo Beans (Cooked)

Protein in 100g	Per cup (180g)	Protein to Calorie Ratio
7.5g	13.6g	1g protein per 14 calories

[Click to see complete nutrition facts.](#)



#11: Great Northern Beans (Cooked)

Protein in 100g	Per cup (177g)	Protein to Calorie Ratio
8.3g	14.7g	1g protein per 14.2 calories

[Click to see complete nutrition facts.](#)



#12: Yard long Beans (Cooked)

Protein in 100g	Per cup (171g)	Protein to Calorie Ratio
8.3g	14.2g	1g protein per 14.2 calories

[Click to see complete nutrition facts.](#)



#13: White Beans (Cooked)

Protein in 100g	Per cup (179g)	Protein to Calorie Ratio
9.7g	17.4g	1g protein per 14.3 calories

[Click to see complete nutrition facts.](#)



#14: Hyacinth Beans (Lablab) (Cooked)

Protein in 100g	Per cup (194g)	Protein to Calorie Ratio
8.1g	15.8g	1g protein per 14.4 calories

Warning: Hyacinth Beans can be poisonous and should be cooked properly. [Click to see complete nutrition facts.](#)



#15: Broad (Fava) Beans (Cooked)

Protein in 100g	Per cup (170g)	Protein to Calorie Ratio
7.6g	12.9g	1g protein per 14.5 calories



#16: Cranberry (Roman) Beans (Cooked)

Protein in 100g	Per cup (177g)	Protein to Calorie Ratio
9.3g	16.5g	1g protein per 14.6 calories

[Click to see complete nutrition facts.](#)



#17: Kidney Beans (Cooked)

Protein in 100g	Per cup (177g)	Protein to Calorie Ratio
8.7g	15.3g	1g protein per 14.6 calories

[Click to see complete nutrition facts.](#)



#18: Lima Beans (Cooked)

Protein in 100g	Per cup (188g)	Protein to Calorie Ratio
7.8g	14.7g	1g protein per 14.7 calories

[Click to see complete nutrition facts.](#)



#19: Black Beans (Frijoles Negros) (Cooked)

Protein in 100g	Per cup (172g)	Protein to Calorie Ratio
8.9g	15.2g	1g protein per 14.8 calories

[Click to see complete nutrition facts.](#)



#20: Mung Beans (Cooked)

Protein in 100g	Per cup (202g)	Protein to Calorie Ratio
7g	14.2g	1g protein per 15 calories

[Click to see complete nutrition facts.](#)



#21: Cowpeas (Black eyed) (Cooked)

Protein in 100g	Per cup (171g)	Protein to Calorie Ratio
7.7g	13.2g	1g protein per 15 calories

[Click to see complete nutrition facts.](#)



#22: Yellow Beans (Cooked)

Protein in 100g	Per cup (177g)	Protein to Calorie Ratio
9.2g	16.2g	1g protein per 15.7 calories

[Click to see complete nutrition facts.](#)



#23: Small White Beans (Cooked)

Protein in 100g	Per cup (170g)	Protein to Calorie Ratio
9g	16.1g	1g protein per 15.8 calories

[Click to see complete nutrition facts.](#)



#24: Pinto Beans (Cooked)

Protein in 100g	Per cup (171g)	Protein to Calorie Ratio
9g	15.4g	1g protein per 15.9 calories

[Click to see complete nutrition facts.](#)



#25: Black Turtle Beans (Cooked)

Protein in 100g	Per cup (185g)	Protein to Calorie Ratio
8.2g	15.1g	1g protein per 15.9 calories

[Click to see complete nutrition facts.](#)



#26: Pink Beans (Cooked)

Protein in 100g	Per cup (169g)	Protein to Calorie Ratio
9.1g	15.3g	1g protein per 16.4 calories

[Click to see complete nutrition facts.](#)



#27: Miso (Paste)

Protein in 100g	Per cup (275g)	Protein to Calorie Ratio
11.7g	32.1g	1g protein per 17 calories

[Click to see complete nutrition facts.](#)



#28: Navy Beans (Cooked)

Protein in 100g	Per cup (182g)	Protein to Calorie Ratio
8.2g	15g	1g protein per 17.1 calories

[Click to see complete nutrition facts.](#)



#29: Adzuki Beans (Cooked)

Protein in 100g	Per cup (230g)	Protein to Calorie Ratio
7.5g	17.3g	1g protein per 17.1 calories

[Click to see complete nutrition facts.](#)



#30: Pigeon Peas (Red Gram) (Cooked)

Protein in 100g	Per cup (168g)	Protein to Calorie Ratio
6.8g	11.4g	1g protein per 18 calories

[Click to see complete nutrition facts.](#)



#31: French Beans (Cooked) (Green Beans, Haricots Verts)

Protein in 100g	Per cup (177g)	Protein to Calorie Ratio
7.1g	12.5g	1g protein per 18.2 calories

[Click to see complete nutrition facts.](#)



#32: Chickpeas (Garbanzo Beans, Bengal Gram) (Cooked)

Protein in 100g	Per cup (164g)	Protein to Calorie Ratio
8.9g	14.5g	1g protein per 18.4 calories

[Click to see complete nutrition facts.](#)



#33: Hummus

Protein in 100g	Per tablespoon (15g)	Protein to Calorie Ratio
7.9g	1.2g	1g protein per 21 calories

[Click to see complete nutrition facts.](#)



#34: Baked Beans

Protein in 100g	Per cup (253g)	Protein to Calorie Ratio
4.8g	12.1g	1g protein per 21.9 calories

[Click to see complete nutrition facts.](#)



#35: Peanuts (Roasted)

Protein in 100g	Per ounce (28g)	Protein to Calorie Ratio
24.4g	6.8g	1g protein per 24.1 calories

[Click to see complete nutrition facts.](#)



#36: Falafel

Protein in 100g	Per falafel (17g)	Protein to Calorie Ratio
13.3g	2.3g	1g protein per 25 calories

[Click to see complete nutrition facts.](#)

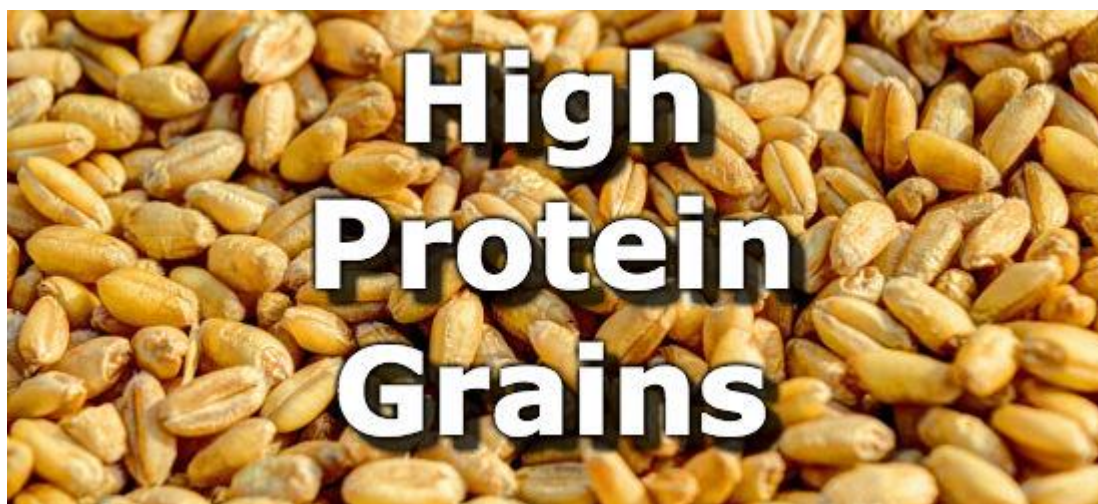


#37: Peanut Butter (Smooth)

Protein in 100g	Per 2 tablespoons (32g)	Protein to Calorie Ratio
22.2g	7.1g	1g protein per 26.9 calories

[Click to see complete nutrition facts.](#)

Grains with the Highest Protein to Carbohydrate Ratio



Grains are a staple source of calories, carbohydrates, b-vitamins, and protein. Whole unrefined grains provide more protein for each carb. This is because the bran and germ of grains contain the most protein per carb. Refined bran and germ can be added to a variety of foods such as oatmeal, smoothies, pancakes, pastas, and breads. Below is a ranking of grains that provide the most protein for each gram of

carbohydrate. For items such as protein fortified pasta, or rye flour, see the extended list of [protein rich grains](#). For cooking instructions see these [how-to recipes for grains](#).



#1: Wheat Germ (Uncooked)

Protein in 100g	Per cup (115g)	Protein to Carb Ratio
23.2g	26.6g	1g protein per 2.2g carbs

[Click to see complete nutrition facts.](#)



#2: Oat Bran (Cooked)

Protein in 100g	Per cup (219g)	Protein to Carb Ratio
3.2g	7g	1g protein per 3.6g carbs

[Click to see complete nutrition facts.](#)



#3: Rice Bran (Uncooked)

Protein in 100g	Per cup (118g)	Protein to Carb Ratio
13.4g	15.8g	1g protein per 3.7g carbs

[Click to see complete nutrition facts.](#)



#4: Oats (Raw)

Protein in 100g	Per cup (156g)	Protein to Carb Ratio
16.9g	26.3g	1g protein per 3.9g carbs

[Click to see complete nutrition facts.](#)



#5: Wheat Bran (Uncooked)

Protein in 100g	Per cup (58g)	Protein to Carb Ratio
15.6g	9g	1g protein per 4.1g carbs

[Click to see complete nutrition facts.](#)



#6: Japanese Soba Noodles (Cooked)

Protein in 100g	Per cup (114g)	Protein to Carb Ratio
5.1g	5.8g	1g protein per 4.2g carbs

[Click to see complete nutrition facts.](#)



#7: Oatmeal (Porridge, cooked)

Protein in 100g	Per cup (234g)	Protein to Carb Ratio
2.5g	5.9g	1g protein per 4.8g carbs

[Click to see complete nutrition facts.](#)



#8: Spelt (Cooked)

Protein in 100g	Per cup (194g)	Protein to Carb Ratio
5.5g	10.7g	1g protein per 4.8g carbs

[Click to see complete nutrition facts.](#)



#9: Kamut (Khorasan) (Cooked)

Protein in 100g	Per cup (172g)	Protein to Carb Ratio
5.7g	9.8g	1g protein per 4.8g carbs

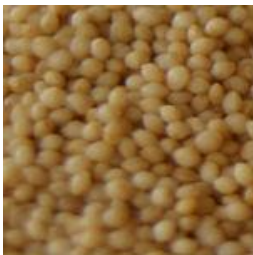
[Click to see complete nutrition facts.](#)



#10: Quinoa (Cooked)

Protein in 100g	Per cup (185g)	Protein to Carb Ratio
4.4g	8.1g	1g protein per 4.8g carbs

[Click to see complete nutrition facts.](#)



#11: Amaranth (Cooked)

Protein in 100g	Per cup (246g)	Protein to Carb Ratio
3.8g	9.3g	1g protein per 4.9g carbs

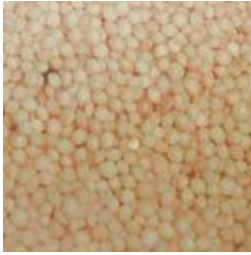
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#12: Wholewheat Pasta (Spaghetti, cooked)

Protein in 100g	Per cup (140g)	Protein to Carb Ratio
5.3g	7.5g	1g protein per 5g carbs

[Click to see complete nutrition facts.](#)



#13: Teff (Cooked)

Protein in 100g	Per cup (252g)	Protein to Carb Ratio
3.9g	9.8g	1g protein per 5.1g carbs

[Click to see complete nutrition facts.](#)



#14: Wild Rice (Cooked)

Protein in 100g	Per cup (164g)	Protein to Carb Ratio
4g	6.5g	1g protein per 5.3g carbs

[Click to see complete nutrition facts.](#)



#15: Triticale (Uncooked)

Protein in 100g	Per cup (192g)	Protein to Carb Ratio
13.1g	25.1g	1g protein per 5.5g carbs

[Click to see complete nutrition facts.](#)



#16: Semolina (Uncooked)

Protein in 100g	Per cup (167g)	Protein to Carb Ratio
12.7g	21.2g	1g protein per 5.7g carbs

[Click to see complete nutrition facts.](#)



#17: Buckwheat Groats (Roasted, cooked)

Protein in 100g	Per cup (168g)	Protein to Carb Ratio
3.4g	5.7g	1g protein per 5.9g carbs

[Click to see complete nutrition facts.](#)



#18: Bulgur (Cooked)

Protein in 100g	Per cup (182g)	Protein to Carb Ratio
3.1g	5.6g	1g protein per 6g carbs

[Click to see complete nutrition facts.](#)



#19: Couscous (Cooked)

Protein in 100g	Per cup (157g)	Protein to Carb Ratio
3.8g	6g	1g protein per 6.1g carbs

[Click to see complete nutrition facts.](#)



#20: Millet (Cooked)

Protein in 100g	Per cup (174g)	Protein to Carb Ratio
3.5g	6.1g	1g protein per 6.8g carbs

[Click to see complete nutrition facts.](#)



#21: Rye Grain (Uncooked)

Protein in 100g	Per cup (169g)	Protein to Carb Ratio
10.3g	17.5g	1g protein per 7.4g carbs

[Click to see complete nutrition facts.](#)



#22: Corn Grain (Yellow & White)

Protein in 100g	Per cup (166g)	Protein to Carb Ratio
9.4g	15.6g	1g protein per 7.9g carbs

[Click to see complete nutrition facts.](#)



#23: Brown Rice (Cooked)

Protein in 100g	Per cup (195g)	Protein to Carb Ratio
2.6g	5g	1g protein per 8.8g carbs

[Click to see complete nutrition facts.](#)



#24: Barley (Pearled, cooked)

Protein in 100g	Per cup (157g)	Protein to Carb Ratio
2.3g	3.5g	1g protein per 12.3g carbs

[Click to see complete nutrition facts.](#)



#25: Rice Noodles (Cooked)

Protein in 100g	Per cup (176g)	Protein to Carb Ratio
1.8g	3.2g	1g protein per 13.3g carbs

[Click to see complete nutrition facts.](#)