



Plant-based protein sources for vegans and vegetarians (infographic)

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[Protein](#) is essential for the growth and repair of our cells and tissues. Although protein is often associated with animal products, many plant foods are also good sources. As long as protein comes from a variety of plant sources, [vegans and vegetarians](#) can easily meet their protein needs. In this infographic we show the protein content of different vegan and vegetarian dishes rich in plant-based protein.

PLANT-BASED PROTEIN

How many grams of protein **per portion** of different plant-based proteins?

9.5 g
WHOLEWHEAT
PASTA 75 g
9.7 g
RED LENTILS 120 g



Lentil Spaghetti "Bolognese"
19.2 g protein

5.9 g
WHOLE GRAIN
WRAP 65 g
10.7 g
PINTO BEANS 120 g
5.8 g
BROWN RICE 75 g



Bean Burrito
22.4 g protein

24.8 g
SEITAN 100 g



Plant-based BBQ
24.8 g protein

8.5 g
BAKED BEANS 120 g
4.7 g
WHOLE GRAIN
BREAD 40 g
20.7 g
TEMPEH 100 g



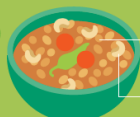
Cooked breakfast
33.9 g protein

4.5 g
PISTACHIO 25 g
5 g
SUNFLOWER
SEEDS 25 g
10.4 g
QUINOA 75 g



Quinoa & pistachio salad
19.9 g protein

14 g
SOYA BEANS 120 g
4.4 g
CASHEWS 25 g



Soya bean masala
18.8 g protein

8.1-11 g
TOFU 100 g
8.3 g
MILLET 75 g



Poké Bowl
32.8 g protein

10.3 g
RED KIDNEY
BEANS 120 g
6.1 g
PUMPKIN SEEDS 25 g



Porridge
21.1 g protein

4.1 g
CHIA SEEDS 25 g
5.3 g
ALMONDS 25 g
5.5 g
ROLLED OATS 50 g
6.2 g
SOY DRINK 200 ml



Plant-based BBQ
24.8 g protein

7 g
BUTTER BEAN 120 g
8.5 g
CHICKPEAS 120 g
4.6 g
SESAME SEEDS
25 g (TAHINI)



Hummus & Greek gigantes beans
20.1 g protein



Source: Values calculated using data from the UK and Dutch food composition databases

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