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?

Quinoa & pistachio salad 19.9 g protein

- PISTACHIO 25 g
- SUNFLOWER SEEDS 25 g
- QUINOA 76 g

Lentil Spaghetti "Bolognese" 19.2 g protein

- SOYA BEANS 120 g
- CASHEWS 28 g

Soya bean masala 18.8 g protein

- TOFU 100 g
- MILLE 37 g
- RED KIDNEY BEANS 120 g
- PUMPKIN SEEDS 25 g

Bean Burrito 22.4 g protein

- CHIA SEEDS 25 g
- ALMONDS 25 g
- ROLLED OAT 60 g
- SOY DRINK 200 ml

Poke Bowl 32.8 g protein

- BUTTER BEAN 120 g
- CHICKPEAS 120 g
- SESAME SEEDS 25 g (TAHINI)

Tempeh 100 g

- BAKED BEANS 120 g
- WHOLE GRAIN BREAD 40 g
- TEMPEH 100 g

Cooked breakfast 33.9 g protein

- QUINOA 76 g
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Source: Values calculated using data from the UK and Dutch food composition databases.