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
- Lenti Spaghetti "Bolognese": 19.2 g protein
- Soya bean masala: 18.6 g protein
- Bean Burrito: 22.4 g protein
- Poke Bowl: 32.8 g protein
- Plant-based BBQ: 24.8 g protein
- Tempeh 100 g: 33.9 g protein
- Baked beans 120 g: 8.5 g
- Whole grain bread 40 g: 4.7 g
- Hummus & Great gigantes beans: 201 g protein
- 4.5 g PISTACHIO 25 g
- 3 g SUNFLOWER SEEDS 25 g
- 10.4 g QUINOA 75 g
- 14 g SOYA BEANS 120 g
- 4.4 g CASHEWS 25 g
- 8.1 g TOFU 100 g
- 8.9 g MULLE 75 g
- 10.3 g RED KIDNEY BEANS 120 g
- 6.1 g PUMPKIN SEEDS 25 g
- 4.1 g CHIA SEEDS 25 g
- 5.3 g ALMONDS 25 g
- 5.5 g ROLLED OAT 60 g
- 6.2 g SOY DRINK 200 ml
- 7 g BUTTER BEAN 120 g
- 8.5 g CHICKPEAS 120 g
- 4.6 g SESAME SEEDS 25 g (TAHINI)

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