



Nutrient Composition of Legumes per 100g as commonly consumed

	ENERGY (kJ)	PROTEIN (g)	FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	FIBRE (g)	FOLATE (µg)	CALCIUM (mg)	IRON (mg)	MAGNESIUM (mg)	POTASSIUM (mg)	ZINC (mg)	GLYCEMIC INDEX*
Legumes and legume foods													
Baked beans, canned	375	4.9	0.3	0	11	5.2	50	40	1.0	25	238	0.5	40
Butter (Lima) beans, dried, boiled	338	6.4	0.3	0.1	10.2	5.3	83	16	1.3	35	350	0.7	36
Cannellini beans, canned	387	6.2	0.6	0.2	12.2	6.4	81	46	1.6	30	260	0.6	31
Chickpeas, canned	449	6.3	2.1	0.3	13.3	4.7	63	45	1.8	27	140	1	38
Hummus dip	1014	9.3	17	3.4	9	8.7	n/a	45	2.5	5	0.3	0.3	6
Lentils, dried, boiled	323	6.8	0.4	0.1	9.5	3.7	20	17	2	25	220	0.9	29
Red kidney beans, canned	426	6.6	0.6	0.1	14.1	6.5	40	36	2.1	30	270	0.6	36
Soy beans, dried, boiled	597	13.5	7.7	1.2	1.4	7.2	54	76	2.2	71	420	1.6	14
Soy milk, fortified, reduced fat	270	3.3	1.5	0.2	9	0.7	156	141	0.9	14	230	0.4	17 - 44
Split peas, dried, boiled	273	6.6	0.4	0.3	6.7	3.9	65	13	1	23	140	0.6	32
Tofu	530	12.0	7.3	1.0	0	7	30	320	2.9	78	130	1.7	-
Bean mix, canned	410	6.4	0.4	0.1	13.8	6.2	67	43	2	30	220	0.8	37
Other sources of protein													
Beef steak, grilled	742	31.7	5.5	1.9	0	0	0	6	3.2	27	346	8.1	-
Chicken breast, grilled	598	29.8	2.5	0.9	0	0	54	5	0.4	n/a	375	0.7	-
Hardboiled egg	583	12.4	9.5	3.1	0.7	1.2	83	39	1.6	10	107	1.2	-
Salmon, grilled	987	24.3	15.5	4.8	0	0	0	8	1.3	29	380	0.4	-
Almonds	2503	19.5	54.7	4.0	4.8	8.8	29	250	3.9	260	740	3.7	-

n/a = not available, sources: NUTTAB 2010. * University of Sydney Glycemic Index Database

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