

SOURCES DE PROTÉINES

À BASE DE PLANTES



FARINE DE LENTILLES
28g/100g
8g/1oz



GRAINES DE CITROUILLE
24g/100g
7g/1oz



BEURRE D'ARACHIDE
23g/100g
6g/1oz



TAHINI
22g/100g
6g/1oz



AMANDES
21g/100g
6g/1oz



PISTACHES
21g/100g
6g/1oz



GRAINES DE LIN
18g/100g
5g/1oz



NOIX DE CAJOU
18g/100g
5g/1oz



AVOINE
17g/100g
5g/1oz



GRAINES DE SOYA
17g/100g
5g/1oz



GRAINES DE CHIA
16g/100g
4g/1oz



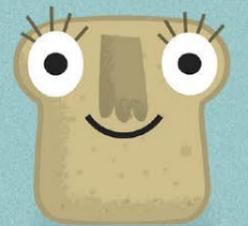
TOFU
15g/100g
4g/1oz



NOISETTES
15g/100g
4g/1oz



NOIX DE GRENOBLE
15g/100g
4g/1oz



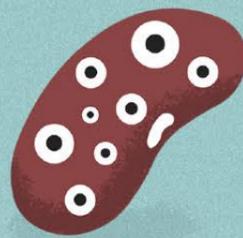
PAIN DE BLÉ ENTIER
11g/100g
3g/1oz



LENTILLES
9g/100g
3g/1oz



POIS CHICHES
9g/100g
3g/1oz



HARICOTS ROUGES
9g/100g
3g/1oz



PACANES
9g/100g
3g/1oz



HARICOTS DE LIMA
8g/100g
2g/1oz



NOIX DE MACADAMIA
8g/100g
2g/1oz



PETITS POIS
5g/100g
1g/1oz



QUINOA
4g/100g
1g/1oz



EPINARD
3g/100g
1g/1oz



POMMES DE TERRE
2g/100g
1g/1oz

[TENEUR EN PROTÉINE POUR UNE PORTION DE LÉGUMINEUSES CUITES ET DE NOIX]