

# Indian Vegetarian Protein Sources

Sorted by highest protein content per 100g • Values are approximate

#	Food Item	Category	Protein (g)	Calories (kcal)
1	Soy protein isolate	Soy Products	80.0	338
2	Spirulina (dried)	Vegetables	57.5	290
3	Soya chunks (dry)	Soy Products	52.0	345
4	Textured soy protein (dry)	Soy Products	52.0	329
5	Skimmed milk powder	Dairy	36.0	362
6	Hemp seeds	Nuts & Seeds	31.6	553
7	Pumpkin seeds	Nuts & Seeds	30.2	559
8	Roasted peanuts	Nuts & Seeds	28.0	599
9	Masoor dal	Legumes & Dals	26.0	353
10	Urad dal	Legumes & Dals	25.0	347
11	Cheddar cheese	Dairy	25.0	402
12	Moong dal (raw)	Legumes & Dals	24.0	347
13	Rajma (kidney beans)	Legumes & Dals	24.0	333
14	Black-eyed peas	Legumes & Dals	23.5	336
15	Moth beans	Legumes & Dals	23.0	343
16	Lobia (cow peas)	Legumes & Dals	23.0	336
17	Besan (chickpea flour)	Grains & Flours	22.0	387
18	Chana dal	Legumes & Dals	22.0	364
19	Toor dal	Legumes & Dals	22.0	335
20	Horse gram	Legumes & Dals	22.0	321
21	Almonds	Nuts & Seeds	21.0	579
22	Sunflower seeds	Nuts & Seeds	21.0	584
23	Chickpeas (dry)	Legumes & Dals	20.5	378
24	Paneer (low fat)	Dairy	18.0	265
25	Cashews	Nuts & Seeds	18.0	553
26	Flax seeds	Nuts & Seeds	18.0	534
27	Sesame seeds	Nuts & Seeds	18.0	573
28	Oats	Grains & Flours	17.0	389

#	Food Item	Category	Protein (g)	Calories (kcal)
29	Tofu (firm)	Soy Products	17.0	144
30	Chia seeds	Nuts & Seeds	17.0	486
31	Walnuts	Nuts & Seeds	15.0	654
32	Quinoa	Grains & Flours	14.0	368
33	Amaranth (rajgira)	Grains & Flours	14.0	371
34	Paneer (full fat)	Dairy	14.0	321
35	Wheat flour (whole)	Grains & Flours	13.0	340
36	Edamame	Soy Products	11.0	121
37	Cottage cheese	Dairy	11.0	98
38	Greek yoghurt	Dairy	10.0	97
39	Lotus seeds (makhana)	Nuts & Seeds	9.7	350
40	Green peas	Vegetables	5.0	81
41	Sweet corn	Vegetables	3.4	86
42	Mung bean sprouts	Vegetables	3.0	30
43	Spinach	Vegetables	2.9	23
44	Broccoli	Vegetables	2.8	34

**Categories:** Legumes & Dals | Dairy | Nuts & Seeds | Soy Products | Grains & Flours | Vegetables