

## 19 High-Protein Vegetables

1	Broccoli.....	4.26 grams per 1 stalk (medium)
2	Yellow Sweet Corn.....	4.68 grams per 1 large ear
3	Potato.....	5 grams per 1 medium potato (with skin)
4	Edamame.....	18 grams per 1 cup
5	Lentils.....	18 grams per 1 cup
6	Green Peas.....	8.5 grams per 1 cup
7	Asparagus.....	2.9 grams per 1 cup
8	Brussels Sprouts.....	3 grams per 1 cup
9	Artichokes.....	4 grams per 1 artichoke
10	Broccoli Raab.....	1.27 grams per 1 cup
11	Avocado.....	2.67 grams per 1 avocado (medium)
12	Cauliflower.....	2.05 grams per 1 cup (chopped)
13	Arugula.....	2.57 grams per 100 grams
14	Mung Beans.....	12 grams per ¼ cup (dry)
15	Lima Beans.....	6.84 grams per 100 grams
16	Turnip Greens.....	2.34 grams per 10 ounces
17	Okra.....	1.93 grams per 1 cup
18	Mushrooms.....	2.97 grams per 1 cup
19	Beet Greens.....	2.2 grams per 1 cup