

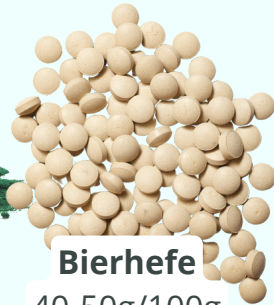
25 vegane Proteinquellen



Seitan
75g/100g



Spirulina
57-65g/100g



Bierhefe
40-50g/100g



Hanfsamen
31-33g/100g



Linsen (trocken)
25-30g/100g



Erdnüsse
25-28g/100g



Kürbiskerne
24-30g/100g



Kidneybohnen
24g/100g



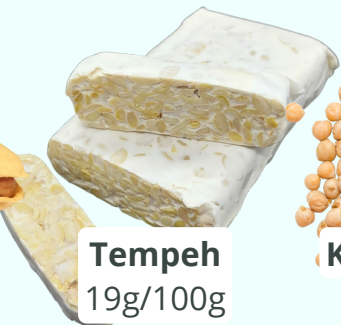
Schwarze Bohnen
21g/100g



Mandeln
21g/100g



Pistazien
20g/100g



Tempeh
19g/100g



Kichererbsen
19g/100g



Sonnenblumenkerne
17-21g/100g



Chiasamen
17g/100g



Cashewkerne
20g/100g



Sojabohne
12-20g/100g



Walnüsse
15g/100g



Haselnüsse
15g/100g



Quinoa
14g/100g



Amaranth
14g/100g



Buchweizen
13g/100g



Haferflocken
13g/100g



Tofu
8-15g/100g



Edamame
11g/100g