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Beans & Legumes Cheat Sheet

We all have tins of beans and some of us may also have dried beans in the back of the pantry cupboard and I'm sure you're thinking of putting them to good use!

Beans and legumes are commonly eaten around the world and are a rich source of fibre and B vitamins. They're also a great source of vegetarian protein, so you can add them to a meal to help you make your meat supplies go further. Below I've provided the nutritional info so that you can print this sheet and keep it handy, and i've also made some recipe suggestions too!

Name	Serving Size	Calories	Protein	Fibre	Suggestions
Chickpeas / garbanzo beans	164g / 1 cup cooked	269	14.5g	12.5g	Hummus, curries, salads
Lentils	198g / 1 cup cooked	230	17.9g	15.6g	Curries, soups, anything with ground beef
Peas	160g / 1 cup cooked	125	8.2g	8.8g	Soups, bolognese sauce, hummus
Kidney Beans	256g / 1 cup cooked	215	13.4g	13.6g	Mexican dishes, salads, soups, bean mash
Black Beans	172g / 1 cup cooked	227	15.2g	15g	Curries, soups, anything with ground beef

Name	Serving Size	Calories	Protein	Fibre	Suggestions
Soybeans	172g / 1 cup cooked	298	28.6g	10.3g	Curries, soups, anything with ground beef
Pinto Beans	171g / 1 cup cooked	245	15.4g	15.4g	Mexican dishes, salads, soups, bean mash
Haricot Beans	182g / 1 cup cooked	255	15g	19.1g	Curries, soups, anything with ground beef, bean mash
Cannellini Beans	120g cooked	112	7.9g	11g	Curries, soups, anything with ground beef, bean mash
Butter Beans	120g	123	7.5g	6.5g	Curries, soups, anything with ground beef, bean mash