Protein Comparison

Are all created equal? No beef, is a nutritious choice, plus it taste good too.

Naturally rich in nutrients, lean beef gives you more essential nutrients (10 to be exact) with fewer calories than other plant based proteins. Lots of nutrition in a small package. It often requires more than twice the calories to get 25 grams of protein from beans, nuts ans grains compared to beef.

Check out the table below:

Quinoa: 3 cups 666 calories 25 grams of protein

Peanut

Butter: 6 tbls 564 calories 25 grams of protein

Black

Beans: 1 ¾ cups 382 calories 25 grams of protein

Edamame: 1 ½ cups 284 calories 25 grams of protein

Lean Beef: 3 oz 154 calories 25 grams protein

Lean beef being defined as less than 10 grams of total fat; 4.5 grams or less of saturated fat; Less than 95 milligrams of cholesterol per 3 ½ ounces cooked serving.

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BOLD

Love that Lean Beef

29 cuts of Lean Beef

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