



Legume Type	*Protein per prepared 100g	*Fibre per prepared 100g	*Carbs Per prepared 100g	*of which sugars	*Fat prepared 100g	*of which is Saturates	*Calories Per Prepared 100g	Nutrient Rich in?	Portion size per person Uncooked	Prepared Portion	Do I need to soak them?	How long to boil?	Gluten Free?	Other notes
Chickpeas (Garbanzo Beans)	8.9g	18g	8.2g	0.1g	3.5g	0.5g	136	Folate, Manganese, Phosphorous, Magnesium and Iron	40g	80g	Yes for at least 12 hours	45-50 mins	**Yes	You only soak the raw bought chickpeas. You can also buy them ready soaked in a tin
Red Split Lentils	8.9g	14.4g	7.4g	0.2g	0.9g	0.1g	102	B1 and B6, Iron, Copper, Manganese, Protein	40g	80g	No	15-20 mins	**Yes	
Green Lentils	9.4g	15g	8.3g	0.9g	0.9g	0.1g	109	B1 and B6, Iron, Copper, Manganese, Protein	40g	80g	No	15-20 mins	**Yes	
Peas (Garden)	6.7g	5.6g	9.2g	1.1g	1.6g	0.3g	89	Vit C and Vit K, B6, Folate and Manganese	80g	80g	No	5-6 mins till tender	**Yes	
Butter bean (Lima Beans)	4.3g	4.8g	9.1g	0g	0.5g	0g	68	Manganese and Vit C	40g	80g	Yes for at least 12 hours	10 mins	**Yes	
Broad Beans (Fava Beans)	6g	3g	13g	0.3g	0.3g	0g	83	Folate, Manganese, Copper, Iron, Phosphorous, B1 and Zinc	80g	80g	No	Once podded 3-5 minutes	**Yes	
Kidney Beans	9.3g	15.5g	9g	0.2g	0.9g	0.2g	112	Protein, B1, B6, Folate, Vit K, Iron, Magnesium, Manganese, Copper, Potassium	40g	80g	Yes for at least 12 hours	1 - 1 1/2 Hours	**Yes	Warning - Do not eat raw.
Black Beans	9.2g	18.8g	6.1g	0.1g	1.4g	0.2g	111	Protein, Fibre, Folate, B1, Potassium, Manganese	40g	80g	Yes for at least 12 hours	1 - 1 1/2 Hours	**Yes	Warning - Do not eat raw.
Edamame Beans	13g	7.9g	3.6g	3g	6.6g	1.4g	142	Folate, Vit K, Manganese	80g	80g	No	5 mins (In shell boil example)	**Yes	Edamame is a young soybean that is harvested early These are a complete protein
Soybeans or Soya Bean	17g	8g	7.5g	0.1g	9g	0.4g	180	Vit C, B1, Folate, Manganese	40g	80g	Yes for at least 12 hours	3-4 hours	**Yes	Soybean is a mature Edamame Bean. These are a complete protein.
Pinto Beans	8.7g	19.6g	5.7g	0.4g	0.8g	0.2g	104	Potassium, B1, Manganese	40g	80g	Yes for at least 12 hours	1 hour	**Yes	
Haricot Beans (Navy Beans)	10.2g	19.1g	6.4g	0.1g	1.3g	0.3g	116	Folate	40g	80g	Yes for at least 12 hours	1 - 1 1/4 Hrs	**Yes	
Peanuts	26.9g	9.6g	7.2g	4.4g	51.7g	9.5g	621	Protein, fats, B6, Folate, Magnesium, Copper, Phosphorus, Manganese	25g	25g	No	Eat raw	**Yes	I didn't include these in highlighting the highest nutritional value as the portion size is much smaller than all the other beans.
**Typical Values														
** Check packaging for gluten contamination. But all legumes are naturally gluten free														