

**OptimalHealthSecrets.Com**  
**LIA Lifestyle Instruction Aid**

**w15. Protein Page 3 of 5 Protein Content in Some Vegetables and Fruits**

By Dr. Victor Jean Ouellette

Modified March 6, 2008

All protein values are approximate in grams (g). Vegetables 1 cup cooked, Fruit Dried, Juice 1 cup

Spinach 5.97 g  
Artichokes 5.85 g  
Brussels sprouts 5.64 g  
Asparagus 5.31 g  
Raisins, (1 cup) 4.67 g  
Broccoli 4.65 g  
Beet Greens 3.70 g  
Mushrooms 3.39 g  
Cauliflower 2.90 g  
Beets 2.86 g  
Onions 2.86 g  
Parsnips 2.06 g  
Carrots 1.70 g  
Prune juice 1.56 g  
Cabbage, green 1.53 g  
Orange juice 1.47 g  
Grape juice 1.42 g  
Grapefruit juice 1.28 g  
Tangerine juice, sweetened 1.25 g  
Celery 1.25 g  
Dried apricots, 10 halves 1.19 g  
Figs, (2) 1.16 g  
Prunes, (5) 1.10 g  
Cabbage, red, raw 0.97 g  
Lettuce 0.91 g  
Leeks 0.84 g  
Dates, (5) 0.82 g  
Pineapple juice 0.80 g  
Dried apples, (5 rings) 0.30 g  
Apple juice, unsweetened 0.15 g