

Protein Comparison Chart

	Serving Size	Calories	Protein g	Fat g	Saturated Fat g	Sodium mg	Fiber g	cost per ounce
Saltan	100 grams	370	75	2	0.3	29	0.5	0.81
Chicken, breast	1 each, 4 ounces	198	37	4	1	89	0	0.41
Turkey	4 ounces	214	32	8.4	2.4	117	0	0.51
Tuna	3 ounces	111	25	0.5	0.2	46	0	0.20
Beef, lean	3 ounces	196	24	10	4	74	0	0.68
Pork	3 ounces	202	22	12	4	48	0	0.43
Salmon	100 grams	210	20	13	3	53	0	0.8
Lentils	1 cup	230	18	0.8	0.1	4	16	0.20
Split peas cooked	1 cup	231	16	0.8	0.1	3	16	0.14
Kidney beans	1 cup	225	15	0.9	0.1	1.8	11	0.08
Black Beans	1 cup	241	15	0.7	0.2	5	15	0.08
Farro cooked	1 cup	337	15	2	0.2	5	11	0.31
Eggs	2 large	144	12	9.5	3.2	142	0	0.20
Tempeh	2 ounces	110	11	6	2	8	0	0.44
Tofu	3 ounces	76	9	4.8	0.8	3	0.9	0.11
Peanut butter	2 tablespoons	188	7	16	3	152	1.8	0.12
Jackfruit	1 can	70	4	0	0	900	7	0.25
Walnuts	1 ounce	182	4	18	1.7	0	2	0.37

Notes: store brands were used for cost, cost on beans is canned while lentils and split peas are dried.

Sources: manufacturer's data, USDA Handbook 8.

Protein Breakfast Compare

William Edward Fitch



Protein Breakfast Compare:

Enjoying the Tune of Appearance: An Psychological Symphony within **Protein Breakfast Compare**

In some sort of taken by monitors and the ceaseless chatter of immediate conversation, the melodic splendor and mental symphony produced by the written word often fade into the background, eclipsed by the relentless sound and interruptions that permeate our lives. However, located within the pages of **Protein Breakfast Compare** an enchanting fictional value full of fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that fascinating masterpiece conducts visitors on an emotional trip, skillfully unraveling the concealed songs and profound impact resonating within each cautiously constructed phrase. Within the depths of the moving assessment, we shall discover the book is main harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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