

RASTLINSKI VIRI BELJAKOVIN



LEČINA MOKA
28g/100g



BUČNA SEMENA
24g/100g



ARAŠIDOVO MASLO
23g/100g



TAHINI
22g/100g



MANDLJI
21g/100g



PISTACIJE
21g/100g



LANENA SEMENA
18g/100g



INDIJSKI OREŠČKI
18g/100g



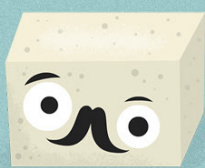
OVES
17g/100g



SOJINA ZRNA
17g/100g



CHIA SEMENA
16g/100g



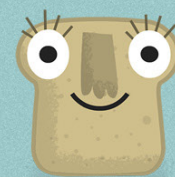
TOFU
15g/100g



LEŠNIKI
15g/100g



OREHI
15g/100g



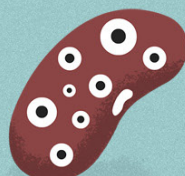
**POLNOZRNATI
PŠENIČNI KRUH**
11g/100g



LEČA
9g/100g



ČIČERIKA
9g/100g



RDEČI FIŽOL
9g/100g



PEKAN OREHI
9g/100g



LIMSKI FIŽOL
8g/100g



OREŠČKI MAKADAMIJA
8g/100g



GRAH
5g/100g



KVINOJA
4g/100g



ŠPINAČA
3g/100g



KROMPIR
2g/100g

[*VSEBNOST BELJAKOVIN NA KOLIČINO KUHANIH STROČNIC]