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Legume Nutrition Comparison

Seven cooked legumes compared using USDA FoodData Central records: protein, fiber, iron, folate, carbohydrate, and calories per listed one-cup serving.

How to read the table: Values describe the exact cooked or prepared USDA record and one-cup gram weight shown. They do not apply unchanged to every canned product, cultivar, recipe, or household cup.

Cooked Portions

Legume	Listed serving	Protein (g)	Fiber (g)	Iron (mg)	Folate (mcg)	Carbohydrate (g)	Calories
Lentils, cooked without salt	1 cup (198 g)	18	15.6	6.6	358	40	230
Black beans, cooked without salt	1 cup (172 g)	15	15.0	3.6	256	41	227
Chickpeas, cooked without salt	1 cup (164 g)	15	12.5	4.7	282	45	269
Kidney beans, cooked without salt	1 cup (177 g)	15	13.1	3.9	230	40	225
White beans, cooked without salt	1 cup (179 g)	17	11.3	6.6	145	45	249
Edamame, frozen, prepared	1 cup (155 g)	18	8.1	3.5	482	14	188
Split peas, cooked without salt	1 cup (196 g)	16	16.3	2.5	127	41	231

Data source and method: USDA FoodData Central SR Legacy records; values verified July 21, 2026. Values were calculated for each listed gram weight. Protein, carbohydrate, folate, and calories are rounded to whole units; fiber and iron are rounded to one decimal place. Packaged products and household portions vary, so use the Nutrition Facts label when product-specific precision matters.

> **Default use pattern:** For most everyday meals, choose the legume by the cooking job, flavor, tolerance, and rest of the meal—not by one highest number. Lentils, beans, chickpeas, split peas, and edamame all contribute protein and fiber.

How These Legumes Differ

- **The table compares portions, not nutrient density or clinical outcomes.** Each row uses a different one-cup gram weight. A higher value may reflect food composition, the amount that fits in a cup, or both.
- **Lentils and split peas** generally cook without soaking and soften readily. **Beans and chickpeas** usually retain more visible structure; variety, age, soaking, cooking method, and doneness affect firmness.
- **Edamame is a prepared green soybean, not a dry pulse.** Its lower carbohydrate value relative to the mature cooked pulses in this table is a food-form difference, not a ranking of all legumes or legume products.
- **Legumes provide nonheme iron.** Vitamin C eaten with the meal—such as tomatoes, citrus, bell pepper, or broccoli—can enhance nonheme-iron absorption. People being treated for iron deficiency should use individualized guidance rather than this table alone.

Canned vs Dried

The table does not use canned-bean records. Canned legumes vary in drained weight, sodium, liquid, and nutrient values by product; compare labels when sodium or an exact nutrient amount matters. Draining and rinsing can reduce sodium, but the size of the reduction is product- and method-dependent.

> **Dry kidney beans — FDA safety method:** soak at least five hours, discard the water, and boil in fresh water for at least 30 minutes. Do not rely on a slow cooker alone.

Sources: USDA FoodData Central and SR Legacy documentation (nutrient values, preparation state, household weights) · NIH Office of Dietary Supplements iron fact sheet (nonheme iron and vitamin C) · FDA natural-toxin guidance (safe preparation of dry kidney beans).

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