

<b>Beans and Lentils 100 gram Serving</b>	<b>Cystine</b>	<b>Methionine</b>	<b>Calories</b>
Fortified Chocolate Soy Milk (Soy Milk Chocolate With Added Calcium Vitamins A And D)	0mg	19mg	63
Vanilla Soy Milk (Soy Milk Original And Vanilla Unfortified)	0mg	19mg	54
Unsalted Peanut Butter (Smooth)(Peanut Butter Smooth Style Without Salt)	0mg	19mg	598
Peanut Butter (Chunk Style)(Peanut Butter Chunk Style Without Salt)	0mg	19mg	589
Peanut Butter (Smooth)(Peanut Butter Smooth)	0mg	19mg	588
Hummus (Homemade)(Hummus Home Prepared)	0mg	19mg	117
Canned Baked Beans (Beans Baked Canned Plain Or Vegetarian)	0mg	19mg	94
Baked Beans (Beans Baked Home Prepared)	0mg	19mg	155
Cooked Blackeyed Peas (Immature Seeds)(Cowpeas (Blackeyes) Immature Seeds Cooked Boiled Drained W/O Salt)	0mg	19mg	97
Falafel (Falafel Home-Prepared)	0mg	19mg	333
Adzuki Beans (Beans Adzuki Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	128
Raw Peanuts (Peanuts All Types Raw)	0mg	19mg	567
Navy Beans (Beans Navy Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	140
Canned Kidney Beans (Beans Kidney All Types Mature Seeds Canned)	0mg	19mg	84
Mung Beans (Cooked)(Mung Beans Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	105
Pinto Beans (Cooked)(Beans Pinto Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	143
Firm Tofu (With Calcium And Magnesium)(Tofu Firm Prepared With Calcium Sulfate And Magnesium Chloride (Nigari))	0mg	19mg	78
Tofu Prepared With Calcium (Tofu Raw Regular Prepared With Calcium Sulfate)	0mg	19mg	76
Canned Chili With Beans (Chili With Beans Canned)	0mg	19mg	103
Canned Red Kidney Beans (Beans Kidney Red Mature Seeds Canned Solids And Liquids)	0mg	19mg	81
Canned Navy Beans (Beans Navy Mature Seeds Canned)	0mg	19mg	113
Firm Tofu (Tofu Raw Firm Prepared With Calcium Sulfate)	0mg	19mg	144
Kidney Beans (Beans Kidney All Types Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	127
Canned Mature (White) Lima Beans(Lima Beans Large Mature Seeds Canned)	0mg	19mg	79
Chickpeas (Garbanzo Beans) (Cooked)(Chickpeas (Garbanzo Beans Bengal Gram) Mature Seeds Cooked Boiled W/O Salt)	0mg	19mg	164
Black Turtle Beans (Beans Black Turtle Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	130
Cooked Small White Beans (Beans Small White Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	142
Mungo Beans (Cooked)(Mungo Beans Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	105
Lima Beans (Lima Beans Large Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	115
Broad Beans (Fava)(Broadbeans (Fava Beans) Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	110
Cooked Blackeyed Peas (Mature Seeds)(Cowpeas Common (Blackeyes Crowder Southern) Mature Seeds Cooked Boiled W/O Salt)	0mg	19mg	116
Canned Cranberry Beans (Beans Cranberry (Roman) Mature Seeds Canned)	0mg	19mg	83
Black Beans (Beans Black Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	132
Cooked Red Kidney Beans (Beans Kidney Red Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	127
Cranberry Beans (Roman Beans)(Beans Cranberry (Roman) Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	136
Cooked Catjang Beans (Cowpeas Catjang Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	117
Cooked Large White Beans (Beans White Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	139
Great Northern Beans (Beans Great Northern Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	118
Cooked Green Soybeans (Soybeans Green Cooked Boiled Drained Without Salt)	0mg	19mg	141
California Red Kidney Beans (Beans Kidney California Red Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	124
Lentils (Cooked)(Lentils Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	116
Boiled Red Kidney Beans (Beans Kidney Royal Red Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	123
Cooked Broadbeans (Broadbeans Immature Seeds Cooked Boiled Drained Without Salt)	0mg	19mg	62
Fermented Tofu (Fuyu)(Tofu Salted And Fermented (Fuyu))	0mg	19mg	116
Split Peas (Peas Split Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	118
Edamame (Edamame Frozen Prepared)	0mg	19mg	121
Dry-Roasted Soybeans (Soybeans Mature Seeds Dry Roasted)	0mg	19mg	449
Boiled Lupin Beans (Lupins Mature Seeds Cooked Boiled Without Salt)	0mg	19mg	119
Lupin Beans (Cooked)(Lupins Mature Seeds Cooked Boiled With Salt)	0mg	19mg	116
Soft Tofu (Tofu Soft Prepared With Calcium Sulfate And Magnesium Chloride (Nigari))	0mg	19mg	61
Boiled Soybeans (Edamame)(Soybeans Mature Cooked Boiled Without Salt)	0mg	19mg	172
Veggie Burgers (Veggie Burgers Or Soyburgers Unprepared)	0mg	19mg	177
Tamari (Soy Sauce Made From Soy (Tamari))	0mg	19mg	60
Soy Sauce (Soy Sauce Made From Soy And Wheat (Shoyu))	0mg	19mg	53
Soy Protein Powder (Isolate)(Soy Protein Isolate)	0mg	19mg	335