

BEANS: THE BUDGET FRIENDLY PROTEIN

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WHAT ARE BEANS?

- A type of legume
- A subgroup of vegetables
- There are over 400 different types of beans
- Black, pinto, garbanzo, and kidney beans are some of the most common

NUTRITION OF BEANS

- Protein
- Minerals
- Folate
- Fiber (not in meat)
- Must combine with other foods (such as rice) to be a complete protein

MEAT VS BEANS

100 g of Ground Beef 100 g of Kidney Beans

Calories: 332

Protein: 14 g

Saturated Fat: 11 g

Fiber: 0 g

Iron: 17% DV

PRICE: \$0.87

Calories: 127

Protein: 24 g

Saturated Fat: 0.1 g

Fiber: 6.4 g

Iron: 17% DVI

PRICE: \$0.18

Three Bean Salsa



Black Bean Soup



Chickpea Cookie Dough

