

Plant Based and Superfoods Protein Content (% of dry weight)	
Plants	Protein percentage of dry weight
Brown Rice	8%
Quinoa	14%
Chickpeas	20%
Green Peas	25%
Lentils	26%
Chia Seeds	17%
Pumpkin Seeds	30%
Hemp Seeds	32%
Wolffia Globosa (ໄວ້ຝ່າ)	45%
Spirulina	60%