

Download 500 Best Quinoa Recipes 100 Gluten Free Super Easy Superfood

And you can't forget about all the fuss over quinoa's protein content. Quinoa is a featured source of plant-based protein because it contains two prized amino acids, lysine, and isoleucine. Nutrition recommendations are leaning more and more toward a whole foods, plant-based diet as the best diet for our health from organizations like Kaiser Permanente and the best diet for the ... Online shopping from a great selection at Grocery & Gourmet Food Store. Chickpeas Nutrition Facts. One look at chickpeas nutrition and it proves what an amazing superfood these legumes really are. Chickpeas, or garbanzo beans, are a great source of plant-based protein along with fiber, iron, zinc, phosphorus, B vitamins and more.. Are chickpeas a starch or protein?