

Amino Acid



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HEALTH • EDUCATION • RESEARCH صحة • تعليم • بحوث

قسم التغذية العلاجية
Dietetics and Nutrition Department

Vegetables

Peppers, sweet raw red /green

Qty	1 medium
Amount	Per 100gm
Energy	20 calorie
Protein	0.86 gm
Fat	0.17 gm
CHO	4.64 gm
Trp	12 mg
Iso	24 mg

Leu	36 mg
Lys	39 mg
Met	7 mg
Cys	12 mg
Phe	92 mg
Tyr	12 mg
Val	36 mg
Arg	27 mg



Pumpkin, raw

Qty	1cup-116g
Amount	Per 100gm
Energy	26 calorie
Protein	1 gm
Fat	0.1 gm
CHO	6.5 gm
Trp	12 mg
Iso	31 mg

Leu	46 mg
Lys	54 mg
Met	11 mg
Cys	3 mg
Phe	32 mg
Tyr	42 mg
Val	35 mg
Arg	54 mg



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Radishes, raw

Qty	1 cup slices 116g
Amount	Per 100gm
Energy	16 calorie
Protein	0.68 gm
Fat	0.1 gm
CHO	3.4 gm
Trp	9 mg

Iso	20 mg
Leu	31 mg
Lys	33 mg
Met	10 mg
Cys	10 mg
Phe	36 mg
Tyr	9 mg
Val	35 mg
Arg	38 mg



Spinach, raw

Qty	1cup-30g
Amount	Per 100gm
Energy	23 calorie
Protein	2.86 gm
Fat	0.39 gm
CHO	3.63 gm
Trp	39 mg
Iso	147 mg

Leu	223 mg
Lys	174 mg
Met	53 mg
Cys	35 mg
Phe	129 mg
Tyr	108 mg
Val	161 mg
Arg	162 mg



Squash, summer, crookneck and straightneck,raw

Qty	1cup sliced 127g
Amount	Per 100gm
Energy	19 calorie
Protein	1.01 gm
Fat	0.27 gm
CHO	3.88 gm
Trp	8 mg

Iso	34 mg
Leu	55 mg
Lys	52 mg
Met	14 mg
Cys	10 mg
Phe	33 mg
Tyr	25 mg
Val	42 mg
Arg	40 mg



Squash, summer, scallop, raw

Qty	1 cup slices 130g
Amount	Per 100gm
Energy	18 calorie
Protein	1.2 gm
Fat	0.2 gm
CHO	3.84 gm
Trp	39 mg

Iso	147 mg
Leu	223 mg
Lys	174 mg
Met	53 mg
Cys	35 mg
Phe	129 mg
Tyr	108 mg
Val	161 mg
Arg	162 mg



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Squash, summer, zucchini, includes skin, raw

Qty	cup, chopped 124g
Amount	Per 100gm
Energy	17 calorie
Protein	1.21 gm
Fat	0.32 gm
CHO	3.11 gm
Trp	10 mg

Iso	44 mg
Leu	71 mg
Lys	67 mg
Met	18 mg
Cys	12 mg
Phe	43 mg
Tyr	32 mg
Val	54 mg
Arg	51 mg



Taro, raw

Qty	cup, chopped 56g
Amount	Per 100gm
Energy	112 calorie
Protein	1.5 gm
Fat	0.2 gm
CHO	26.46 gm
Trp	23 mg

Iso	54 mg
Leu	111 mg
Lys	67 mg
Met	20 mg
Cys	32 mg
Phe	82 mg
Tyr	55 mg
Val	82 mg
Arg	103 mg



Tomatoes, green, raw

Qty	cup, sliced 104g
Amount	Per 100gm
Energy	23 calorie
Protein	1.2 gm
Fat	0.2 gm
CHO	5.1 gm
Trp	9 mg

Iso	29 mg
Leu	44 mg
Lys	44 mg
Met	10 mg
Cys	16 mg
Phe	31 mg
Tyr	21 mg
Val	31 mg
Arg	29 mg



Tomatoes, red, ripe, raw, year round average

Qty	1 cup 180g
Amount	Per 100gm
Energy	18 calorie
Protein	1.2 gm
Fat	0.2 gm
CHO	3.84 gm
Trp	39 mg
Iso	147 mg

Leu	223 mg
Lys	174 mg
Met	53 mg
Cys	35 mg
Phe	129 mg
Tyr	108 mg
Val	161 mg
Arg	162 mg



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Asparagus, raw

Qty	1 cup 245g
Amount	Per 100gm
Energy	20 calorie
Protein	2.2 gm
Fat	0.12 gm
CHO	3.88 gm
Trp	27 mg

Iso	75 mg
Leu	128 mg
Lys	104 mg
Met	31 mg
Cys	31 mg
Phe	75 mg
Tyr	52 mg
Val	115 mg
Arg	91 mg



Cabbage, raw

Qty	1 cup 134g
Amount	Per 100gm
Energy	25 calorie
Protein	1.28 gm
Fat	0.1 gm
CHO	5.8 gm
Trp	11 mg

Iso	30 mg
Leu	41 mg
Lys	44 mg
Met	12 mg
Cys	11 mg
Phe	32 mg
Tyr	19 mg
Val	42 mg
Arg	75 mg



Carrots, raw

Qty	1 cup 89 g
Amount	Per 100gm
Energy	41 calorie
Protein	0.93 gm
Fat	0.24 gm
CHO	9.58 gm
Trp	12 mg

Iso	77 mg
Leu	102 mg
Lys	101 mg
Met	20 mg
Cys	83 mg
Phe	61 mg
Tyr	43 mg
Val	69 mg
Arg	91 mg



Cauliflower, raw

Qty	1 cup 89g
Amount	Per 100gm
Energy	25 calorie
Protein	1.92 gm
Fat	0.28 gm
CHO	4.97 gm
Trp	20 mg
Iso	71 mg

Leu	106 mg
Lys	217 mg
Met	20 mg
Cys	20 mg
Phe	65 mg
Tyr	51 mg
Val	125 mg
Arg	86 mg



Eggplant

Qty	1 cup 145g
Amount	Per 100gm
Energy	25 calorie
Protein	0.98 gm
Fat	0.18 gm
CHO	5.88 gm
Trp	9 mg

Iso	45 mg
Leu	64 mg
Lys	47 mg
Met	11 mg
Cys	6 mg
Phe	43 mg
Tyr	27 mg
Val	53 mg
Arg	57 mg



Okra, raw

Qty	1 cup 82g
Amount	Per 100gm
Energy	33 calorie
Protein	1.93 gm
Fat	0.19 gm
CHO	7.45 gm
Trp	17 mg

Iso	69 mg
Leu	105 mg
Lys	81 mg
Met	21 mg
Cys	19 mg
Phe	65 mg
Tyr	87 mg
Val	91 mg
Arg	84 mg



Onions, raw

Qty	1 cup 115 g
Amount	Per 100gm
Energy	40 calorie
Protein	1.1 gm
Fat	0.1 gm
CHO	9.34 gm
Trp	14 mg

Iso	14 mg
Leu	25 mg
Lys	39 mg
Met	2 mg
Cys	4 mg
Phe	25 mg
Tyr	14 mg
Val	21 mg
Arg	104 mg



Brussels sprouts, raw

Qty	1 cup 88g
Amount	Per 100gm
Energy	43 calorie
Protein	3.38 gm
Fat	0.3 gm
CHO	8.95 gm
Trp	37 mg
Iso	132 mg

Leu	152 mg
Lys	154 mg
Met	32 mg
Cys	22 mg
Phe	98 mg
Tyr	
Val	155 mg
Arg	203 mg



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Broccoli, raw

Qty	1 cup chopped 91g
Amount	Per 100gm
Energy	34 calorie
Protein	2.8 gm
Fat	0.37 gm
CHO	6.64 gm
Trp	33 mg

Iso	79 mg
Leu	129 mg
Lys	135 mg
Met	38 mg
Cys	28 mg
Phe	117 mg
Tyr	50 mg
Val	125 mg
Arg	191 mg



Spring onion, raw

Qty	1 cup 100g
Amount	Per 100gm
Energy	32 calorie
Protein	1.83 gm
Fat	0.19 gm
CHO	7.34 gm
Trp	20 mg

Iso	77 mg
Leu	109 mg
Lys	91 mg
Met	20 mg
Cys	
Phe	59 mg
Tyr	53 mg
Val	81 mg
Arg	132 mg



Lettuce, green leaf raw

Qty	1 cup 100g
Amount	Per 100gm
Energy	15 calorie
Protein	1.36 gm
Fat	0.15 gm
CHO	2.87 gm
Trp	9 mg

Iso	84 mg
Leu	79 mg
Lys	84 mg
Met	16 mg
Cys	16 mg
Phe	55 mg
Tyr	32 mg
Val	70 mg
Arg	71 mg



Cucumber, with peel raw

Qty	1 cup 52g
Amount	Per 100gm
Energy	15 calorie
Protein	0.65 gm
Fat	0.11 gm
CHO	3.63 gm
Trp	5 mg
Iso	21 mg

Leu	29 mg
Lys	29 mg
Met	6 mg
Cys	4 mg
Phe	19 mg
Tyr	11 mg
Val	22 mg
Arg	44 mg



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Jute potherb, raw (Mulukhea)

Qty	1 cup 28g
Amount	Per 100gm
Energy	34 calorie
Protein	4.65 gm
Fat	0.25 gm
CHO	5.8 gm
Trp	3 mg

Iso	221 mg
Leu	388 mg
Lys	219 mg
Met	65 mg
Cys	4 mg
Phe	212 mg
Tyr	147 mg
Val	248 mg
Arg	248 mg



Chard, raw

Qty	1 cup 36 g
Amount	Per 100gm
Energy	19 calorie
Protein	1.8 gm
Fat	0.2 gm
CHO	3.74 gm
Trp	17 mg

Iso	147 mg
Leu	13 mg
Lys	99 mg
Met	19 mg
Cys	
Phe	11 mg
Tyr	
Val	11 mg
Arg	117 mg



Parsley, fresh raw

Qty	1 cup 60 g
Amount	Per 100gm
Energy	36 calorie
Protein	2.97 gm
Fat	0.79 gm
CHO	6.33 gm
Trp	45 mg

Iso	118 mg
Leu	204 mg
Lys	181 mg
Met	42 mg
Cys	14 mg
Phe	145 mg
Tyr	82 mg
Val	172 mg
Arg	122 mg



Thyme, fresh leaves

Qty	tsp, leaves 1g
Amount	Per 100gm
Energy	101 calorie
Protein	5.56 gm
Fat	1.68 gm
CHO	24.45 gm
Trp	114 mg
Iso	285 mg

Leu	262 mg
Lys	126 mg
Met	
Cys	
Phe	
Tyr	
Val	307 mg
Arg	



Mint, leaves

Qty	1 tbsp - 3.2 gm
Amount	Per 100gm
Energy	70 calorie
Protein	3.75 gm
Fat	0.94 gm
CHO	14.89 gm
Trp	58 mg

Iso	154 mg
Leu	281 mg
Lys	161 mg
Met	53 mg
Cys	51 mg
Phe	191 mg
Tyr	187 mg
Val	187 mg
Arg	173 mg



Indomie vegetable

noodles indomie, vegetable flavor

Qty	100 gm
Amount	Per 100gm
Energy	364 calorie
Protein	5.95 gm
Fat	0.56 gm
CHO	80.18 gm
Trp	72 mg

Iso	244 mg
Leu	488 mg
Lys	207 mg
Met	144 mg
Cys	107 mg
Phe	317 mg
Tyr	314 mg
Val	348 mg
Arg	516 mg



Fruits

Apples

Qty	1 cup 125g
Amount	Per 100gm
Energy	52 calorie
Protein	0.26 gm
Fat	0.17 gm
CHO	13.8 gm
Trp	1 mg

Iso	6 mg
Leu	13 mg
Lys	12 mg
Met	1 mg
Cys	1 mg
Phe	6 mg
Tyr	1 mg
Val	12 mg
Arg	6 mg



Avocados

Qty	1 cup 150g
Amount	Per 100gm
Energy	160 calorie
Protein	2 gm
Fat	14.66 gm
CHO	8.53 gm
Trp	25 mg
Iso	84 mg

Leu	149 mg
Lys	132 mg
Met	38 mg
Cys	27 mg
Phe	97 mg
Tyr	49 mg
Val	107 mg
Arg	88 mg



Apricots

Qty	1 cup 155g
Amount	Per 100gm
Energy	48 calorie
Protein	1.4 gm
Fat	0.39 gm
CHO	11.12 gm
Trp	15 mg

Iso	41 mg
Leu	77 mg
Lys	97 mg
Met	6 mg
Cys	3 mg
Phe	52 mg
Tyr	29 mg
Val	47 mg
Arg	45 mg



Bananas

Qty	1 cup 225g
Amount	Per 100gm
Energy	89 calorie
Protein	1.09 gm
Fat	0.33 gm
CHO	22.84 gm
Trp	9 mg

Iso	28 mg
Leu	68 mg
Lys	50 mg
Met	8 mg
Cys	9 mg
Phe	49 mg
Tyr	9 mg
Val	47 mg
Arg	49 mg



Figs (fresh)

Qty	small 40 g
Amount	Per 100gm
Energy	74 calorie
Protein	0.75 gm
Fat	0.3 gm
CHO	19.18 gm
Trp	6 mg

Iso	23 mg
Leu	33 mg
Lys	30 mg
Met	6 mg
Cys	12 mg
Phe	18 mg
Tyr	32 mg
Val	28 mg
Arg	17 mg



Grapefruit

Qty	small 100g
Amount	Per 100gm
Energy	32 calorie
Protein	0.69 gm
Fat	0.1 gm
CHO	8.41 gm
Trp	6 mg
Iso	7 mg

Leu	12 mg
Lys	16 mg
Met	6 mg
Cys	6 mg
Phe	38 mg
Tyr	6 mg
Val	12 mg
Arg	70 mg



Guavas

Qty	1 cup 185g
Amount	Per 100gm
Energy	68 calorie
Protein	2.55 gm
Fat	0.95 gm
CHO	14.32 gm
Trp	22 mg

Iso	93 mg
Leu	131 mg
Lys	72 mg
Met	16 mg
Cys	
Phe	6 mg
Tyr	31 mg
Val	87 mg
Arg	65 mg



Mangos

Qty	1 cup 165g
Amount	Per 100gm
Energy	60 calorie
Protein	0.82 gm
Fat	0.38 gm
CHO	14.98 gm
Trp	13 mg

Iso	29 mg
Leu	50 mg
Lys	66 mg
Met	8 mg
Cys	
Phe	27 mg
Tyr	16 mg
Val	42 mg
Arg	31 mg



Melons cantaloupe

Qty	1 cup 160g
Amount	Per 100gm
Energy	34 calorie
Protein	0.84 gm
Fat	0.19 gm
CHO	8.16 gm
Trp	2 mg

Iso	21 mg
Leu	29 mg
Lys	30 mg
Met	12 mg
Cys	2 mg
Phe	23 mg
Tyr	14 mg
Val	33 mg
Arg	29 mg



Oranges

Qty	1 cup 180g
Amount	Per 100gm
Energy	47 calorie
Protein	0.94 gm
Fat	0.12 gm
CHO	11.75 gm
Trp	9 mg
Iso	25 mg

Leu	23 mg
Lys	47 mg
Met	20 mg
Cys	10 mg
Phe	31 mg
Tyr	16 mg
Val	40 mg
Arg	65 mg



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Papayas

Qty	1 cup 145g
Amount	Per 100gm
Energy	43 calorie
Protein	0.47 gm
Fat	0.26 gm
CHO	10.82 gm
Trp	8 mg

Iso	8 mg
Leu	16 mg
Lys	25 mg
Met	2 mg
Cys	
Phe	9 mg
Tyr	5 mg
Val	10 mg
Arg	10 mg



Peaches

Qty	1 cup 154g
Amount	Per 100gm
Energy	39 calorie
Protein	0.91 gm
Fat	0.25 gm
CHO	9.25 gm
Trp (mg)	10 mg

Iso	17 mg
Leu	27 mg
Lys	30 mg
Met	10 mg
Cys	12 mg
Phe	19 mg
Tyr	14 mg
Val	22 mg
Arg	18 mg



Pears

Qty	1 cup 140g
Amount	Per 100gm
Energy	57 calorie
Protein	0.36 gm
Fat	0.14 gm
CHO	15.23 gm
Trp	2 mg

Iso	11 mg
Leu	19 mg
Lys	17 mg
Met	2 mg
Cys	2 mg
Phe	11 mg
Tyr	2 mg
Val	17 mg
Arg	10 mg



Pineapple

Qty	1 cup 165g
Amount	Per 100gm
Energy	45 calorie
Protein	0.55 gm
Fat	0.13 gm
CHO	11.82 gm
Trp	5 mg
Iso	19 mg

Leu	24 mg
Lys	26 mg
Met	12 mg
Cys	14 mg
Phe	21 mg
Tyr	19 mg
Val	24 mg
Arg	19 mg



Plums

Qty	1 cup 165g
Amount	Per 100gm
Energy	46 calorie
Protein	0.7 gm
Fat	0.28 gm
CHO	11.42 gm
Trp	9 mg

Iso	14 mg
Leu	15 mg
Lys	16 mg
Met	8 mg
Cys	2 mg
Phe	14 mg
Tyr	8 mg
Val	16 mg
Arg	9 mg



Prunes (plums dried uncooked)

Qty	1 cup 165g
Amount	Per 100gm
Energy	240 calorie
Protein	2.18 gm
Fat	0.38 gm
CHO	63.88 gm
Trp	25 mg

Iso	41 mg
Leu	66 mg
Lys	50 mg
Met	16 mg
Cys	11 mg
Phe	52 mg
Tyr	21 mg
Val	56 mg
Arg	37 mg



Strawberries

Qty	1 cup 166g
Amount	Per 100gm
Energy	32 calorie
Protein	0.67 gm
Fat	0.3 gm
CHO	7.68 gm
Trp	8 mg

Iso	16 mg
Leu	34 mg
Lys	26 mg
Met	2 mg
Cys	6 mg
Phe	19 mg
Tyr	22 mg
Val	19 mg
Arg	28 mg



Watermelon

Qty	1 cup 154g
Amount	Per 100gm
Energy	30 calorie
Protein	0.61 gm
Fat	0.15 gm
CHO	7.55 gm
Trp	7 mg
Iso	19 mg

Leu	18 mg
Lys	62 mg
Met	6 mg
Cys	2 mg
Phe	15 mg
Tyr	12 mg
Val	16 mg
Arg	59 mg



Apricots

Qty	1 cup 144g
Amount	Per 100gm
Energy	277 calorie
Protein	1.81 gm
Fat	0.15 gm
CHO	74.97 gm
Trp	7 mg

Iso	45 mg
Leu	82 mg
Lys	54 mg
Met	17 mg
Cys	46 mg
Phe	48 mg
Tyr	16 mg
Val	66 mg
Arg	60 mg



Tamarinds, raw

Qty	cup 120g
Amount	Per 100gm
Energy	239 calorie
Protein	2.8 gm
Fat	0.6 gm
CHO	62.5 gm
Trp	18 mg

Iso	
Leu	
Lys	139 mg
Met	14 mg
Cys	
Phe	
Tyr	
Val	
Arg	



Dried apricots

Qty	1 cup 130g
Amount	Per 100gm
Energy	241 calorie
Protein	3.39 gm
Fat	0.51 gm
CHO	62.64 gm
Trp (mg)	16 mg

Iso	63 mg
Leu	105 mg
Lys	83 mg
Met	15 mg
Cys	19 mg
Phe	62 mg
Tyr	39 mg
Val	78 mg
Arg	66 mg



Dried fig (uncooked)

Qty	1 cup 149g
Amount	Per 100gm
Energy	249 calorie
Protein	3.3 gm
Fat	0.93 gm
CHO	63.87 gm
Trp	20 mg
Iso	89 mg

Leu	128 mg
Lys	88 mg
Met	34 mg
Cys	36 mg
Phe	76 mg
Tyr	41 mg
Val	122 mg
Arg	77 mg



Grapes

Qty	1 cup 92g
Amount	Per 100gm
Energy	67 calorie
Protein	0.63 gm
Fat	0.35 gm
CHO	17.15 gm
Trp	3 mg

Iso	5 mg
Leu	13 mg
Lys	14 mg
Met	21 mg
Cys	1 mg
Phe	13 mg
Tyr	11 mg
Val	17 mg
Arg	46 mg



Raisins

Qty	1 cup 145g
Amount	Per 100gm
Energy	299 calorie
Protein	3.07 gm
Fat	0.46 gm
CHO	79.18 gm
Trp	5 mg

Iso	57 mg
Leu	96 mg
Lys	84 mg
Met	21 mg
Cys	19 mg
Phe	65 mg
Tyr	12 mg
Val	83 mg
Arg	413 mg



Custard apple

Qty	100 gm
Amount	Per 100gm
Energy	101 calorie
Protein	1.7 gm
Fat	0.6 gm
CHO	25.2 gm
Trp	7 mg

Iso	
Leu	
Lys	37 mg
Met	4 mg
Cys	
Phe	
Tyr	
Val	
Arg	



Kiwi

Qty	1 cup 180g
Amount	Per 100gm
Energy	61 calorie
Protein	1.14 gm
Fat	0.52 gm
CHO	14.66 gm
Trp	15 mg
Iso	51 mg

Leu	66 mg
Lys	61 mg
Met	24 mg
Cys	31 mg
Phe	44 mg
Tyr	34 mg
Val	57 mg
Arg	81 mg



Tangerine

Qty	1 cup 195g
Amount	Per 100gm
Energy	53 calorie
Protein	0.81 gm
Fat	0.31 gm
CHO	13.34 gm
Trp (mg)	2 mg

Iso	17 mg
Leu	28 mg
Lys	32 mg
Met	2 mg
Cys	2 mg
Phe	18 mg
Tyr	15 mg
Val	21 mg
Arg	68 mg



Pulses and Beans

White beans, cooked

Qty	cup 179g
Amount	Per 100gm
Energy	139 calorie
Protein	9.73 gm
Fat	0.35 gm
CHO	25.09 gm
Trp	115 mg

Iso	429 mg
Leu	776 mg
Lys	668 mg
Met	146 mg
Cys	106 mg
Phe	526 mg
Tyr	274 mg
Val	509 mg
Arg	602 mg



Fava beans, cooked (mudamas)

Qty	cup 170g
Amount	Per 100gm
Energy	110 calorie
Protein	7.6 gm
Fat	0.4 gm
CHO	19.65 gm
Trp	72 mg
Iso	306 mg

Leu	572 mg
Lys	486 mg
Met	62 mg
Cys	97 mg
Phe	321 mg
Tyr	241 mg
Val	338 mg
Arg	702 mg



Lentils cooked

Qty	cup 198g
Amount	Per 100gm
Energy	116 calorie
Protein	9.02 gm
Fat	0.38 gm
CHO	20.13 gm
Trp	81 mg

Iso	390 mg
Leu	654 mg
Lys	630 mg
Met	77 mg
Cys	118 mg
Phe	445 mg
Tyr	241 mg
Val	448 mg
Arg	697 mg



Boiled green peas (dried/ frozen)

Qty	1/2 cup 80g
Amount	Per 100gm
Energy	78 calorie
Protein	5.15 gm
Fat	0.27 gm
CHO	14.26 gm
Trp	35 mg

Iso	18.5 mg
Leu	307 mg
Lys	302 mg
Met	78 mg
Cys	30 mg
Phe	190 mg
Tyr	108 mg
Val	223 mg
Arg	407 mg



Mature soybeans, cooked

Qty	cup 172g
Amount	Per 100gm
Energy	172 calorie
Protein	18.21 gm
Fat	8.97 gm
CHO	8.36 gm
Trp	242 mg

Iso	807 mg
Leu	1355 mg
Lys	1108 mg
Met	224 mg
Cys	268 mg
Phe	869 mg
Tyr	630 mg
Val	831 mg
Arg	1291 mg



Kidney beans, cooked

Qty	cup 177g
Amount	Per 100gm
Energy	127 calorie
Protein	8.67 gm
Fat	0.5 gm
CHO	22.8 gm
Trp	104 mg
Iso	410 mg

Leu	736 mg
Lys	607 mg
Met	113 mg
Cys	81 mg
Phe	511 mg
Tyr	205 mg
Val	500 mg
Arg	475 mg



Falafel

Qty	1 pc (17g)
Amount	Per 100gm
Energy	333 calorie
Protein	13.31 gm
Fat	17.8 gm
CHO	31.84 gm
Trp	134 mg

Iso	567 mg
Leu	944 mg
Lys	856 mg
Met	187 mg
Cys	183 mg
Phe	707 mg
Tyr	339 mg
Val	562 mg
Arg	1280 mg



Cowpeas (black eye) dried, cooked

Qty	cup 171g
Amount	Per 100gm
Energy	117 calorie
Protein	8.13 gm
Fat	0.71 gm
CHO	20.32 gm
Trp	100 mg

Iso	330 mg
Leu	623 mg
Lys	550 mg
Met	116 mg
Cys	90 mg
Phe	475 mg
Tyr	263 mg
Val	387 mg
Arg	563 mg



Starch

French Bread

Qty	1 slice 34 g
Amount	Per 100gm
Energy	289 calorie
Protein	12 gm
Fat	2 gm
CHO	56 gm
Trp	121 mg

Iso	374 mg
Leu	686 mg
Lys	295 mg
Met	152 mg
Cys	235 mg
Phe	489 mg
Tyr	188 mg
Val	428 mg
Arg	365 mg



Bread, pita (Lebanese bread)

Qty	28g pita, small
Amount	Per 100gm
Energy	275 calorie
Protein	9.1 gm
Fat	1.2 gm
CHO	55.9 gm
Trp	105 mg
Iso	349 mg

Leu	634 mg
Lys	219 mg
Met	160 mg
Cys	197 mg
Phe	446 mg
Tyr	257 mg
Val	394 mg
Arg	329 mg



Wheat bread toasted

Qty	24g slice
Amount	Per 100gm
Energy	313 calorie
Protein	12.96 gm
Fat	4.27 gm
CHO	55.77 gm
Trp	92 mg

Iso	258 mg
Leu	461 mg
Lys	215 mg
Met	105 mg
Cys	154 mg
Phe	315 mg
Tyr	165 mg
Val	310 mg
Arg	311 mg



Rakak Bread

Qty	1 piece
Amount	Per 100gm
Energy	372 calorie
Protein	12.5 gm
Fat	0.4 gm
CHO	79.8 gm
Trp	70 mg

Iso	510 mg
Leu	920 mg
Lys	390 mg
Met	150 mg
Cys	490 mg
Phe	630 mg
Tyr	290 mg
Val	630 mg
Arg	520 mg



Tortilla bread

Qty	1 piece (24gm)
Amount	Per 100gm
Energy	218 calorie
Protein	5.7 gm
Fat	2.85 gm
CHO	44.64 gm
Trp	42 mg

Iso	208 mg
Leu	711 mg
Lys	163 mg
Met	121 mg
Cys	105 mg
Phe	285 mg
Tyr	236 mg
Val	294 mg
Arg	289 mg



Taco shell baked

Qty	1 piece (13gm)
Amount	Per 100gm
Energy	476 calorie
Protein	6.41 gm
Fat	21.79 gm
CHO	63.49 gm
Trp	40 mg
Iso	220 mg

Leu	837 mg
Lys	197 mg
Met	180 mg
Cys	140 mg
Phe	290 mg
Tyr	223 mg
Val	287 mg
Arg	287 mg



Plain waffles

Qty	waffle 35g
Amount	Per 100gm
Energy	285 calorie
Protein	6.47 gm
Fat	9.7 gm
CHO	42.98 gm
Trp	76 mg

Iso	268 mg
Leu	474 mg
Lys	280 mg
Met	120 mg
Cys	157 mg
Phe	279 mg
Tyr	134 mg
Val	304 mg
Arg	259 mg



Croissant plain

Qty	57g medium
Amount	Per 100gm
Energy	406 calorie
Protein	8 gm
Fat	21 gm
CHO	46 gm
Trp	99 mg

Iso	365 mg
Leu	623 mg
Lys	329 mg
Met	175 mg
Cys	172 mg
Phe	416 mg
Tyr	271 mg
Val	410 mg
Arg	339 mg



Kellogg's Corn Flakes

Qty	33g /1cup 28gm 6tbsp
Amount	Per 100gm
Energy	357 calorie
Protein	7.5 gm
Fat	0.4 gm
CHO	84.1 gm
Trp	45 mg

Iso	250 mg
Leu	1044 mg
Lys	79 mg
Met	136 mg
Cys	136 mg
Phe	374 mg
Tyr	79 mg
Val	306 mg
Arg	113 mg



All types of pasta, cooked

Qty	151g cup
Amount	Per 100gm
Energy	157 calorie
Protein	5.8 gm
Fat	0.93 gm
CHO	30.59 gm
Trp	83 mg
Iso	228 mg

Leu	440 mg
Lys	133 mg
Met	65 mg
Cys	113 mg
Phe	297 mg
Tyr	108 mg
Val	262 mg
Arg	211 mg



Sweet potato, cooked, baked in skin, flesh, without salt

Qty	200g 1 cup
Amount	Per 100gm
Energy	90 calorie
Protein	2.01 gm
Fat	0.15 gm
CHO	20.71 gm
Trp	40 mg

Iso	70 mg
Leu	118 mg
Lys	84 mg
Met	37 mg
Cys	28 mg
Phe	114 mg
Tyr	44 mg
Val	110 mg
Arg	70 mg



Potatoes, boiled, cooked without skin, flesh, without salt

Qty	1/2 cup (78g)
Amount	Per 100gm
Energy	86 calorie
Protein	1.71 gm
Fat	0.1 gm
CHO	20.01 gm
Trp	27 mg

Iso	70 mg
Leu	103 mg
Lys	104 mg
Met	27 mg
Cys	22 mg
Phe	76 mg
Tyr	64 mg
Val	96 mg
Arg	79 mg



French fries, fast food

Qty	small serving 71gm
Amount	Per 100gm
Energy	319 calorie
Protein	3.8 gm
Fat	14.73 gm
CHO	41.44 gm
Trp	38 mg

Iso	120 mg
Leu	188 mg
Lys	225 mg
Met	58 mg
Cys	33 mg
Phe	206 mg
Tyr	87 mg
Val	178 mg
Arg	179 mg



Potato flour

Qty	1 cup (160 g)
Amount	Per 100gm
Energy	357 calorie
Protein	6.9 gm
Fat	0.34 gm
CHO	83.1 gm
Trp	115 mg
Iso	299 mg

Leu	425 mg
Lys	413 mg
Met	107 mg
Cys	70 mg
Phe	316 mg
Tyr	224 mg
Val	356 mg
Arg	374 mg



Amino Acid

40

White rice cooked

Qty	1 cup (158 g)
Amount	Per 100gm
Energy	130 calorie
Protein	2.69 gm
Fat	0.28 gm
CHO	28.1 gm
Trp	31 mg

Iso	116 mg
Leu	222 mg
Lys	97 mg
Met	63 mg
Cys	55 mg
Phe	144 mg
Tyr	90 mg
Val	164 mg
Arg	224 mg



Corn, sweet, yellow, cooked

Qty	1 cup (149g)
Amount	Per 100gm
Energy	96 calorie
Protein	3.41 gm
Fat	1.5 gm
CHO	20.9 gm
Trp	23 mg

Iso	133 mg
Leu	358 mg
Lys	141 mg
Met	69 mg
Cys	27 mg
Phe	155 mg
Tyr	126 mg
Val	191 mg
Arg	135 mg



Wheat Harees, cooked

Qty	192g cup
Amount	Per 100gm
Energy	339 calorie
Protein	13.68 gm
Fat	2.47 gm
CHO	71.13 gm
Trp	176 mg

Iso	533 mg
Leu	934 mg
Lys	303 mg
Met	221 mg
Cys	286 mg
Phe	681 mg
Tyr	357 mg
Val	594 mg
Arg	483 mg



Semolina

Qty	167g cup
Amount	Per 100gm
Energy	360 calorie
Protein	12.68 gm
Fat	1.05 gm
CHO	72.83 gm
Trp (mg)	162 mg
Iso	490 mg

Leu	867 mg
Lys	243 mg
Met	198 mg
Cys	358 mg
Phe	616 mg
Tyr	333 mg
Val	540 mg
Arg	467 mg



Soy flour

Qty	84g cup, stirred
Amount	Per 100gm
Energy	436 calorie
Protein	35 gm
Fat	20.65 gm
CHO	31.92 gm
Trp	502 mg

Iso	1675 mg
Leu	2812 mg
Lys	2298 mg
Met	466 mg
Cys	556 mg
Phe	1802 mg
Tyr	1306 mg
Val	1724 mg
Arg	2679 mg



Rice flour white

Qty	158g cup
Amount	Per 100gm
Energy	366 calorie
Protein	5.95 gm
Fat	1.42 gm
CHO	80.13 gm
Trp	72 mg

Iso	244 mg
Leu	488 mg
Lys	207 mg
Met	144 mg
Cys	107 mg
Phe	317 mg
Tyr	314 mg
Val	348 mg
Arg	516 mg



Rice flour brown

Qty	158g cup
Amount	Per 100gm
Energy	363 calorie
Protein	7.23
Fat	2.78
CHO	76.48
Trp	92 mg

Iso	306 mg
Leu	598 mg
Lys	276 mg
Met	163 mg
Cys	88 mg
Phe	373 mg
Tyr	271 mg
Val	424 mg
Arg	548 mg



Wheat flour whole

Qty	120g cup
Amount	Per 100gm
Energy	340 calorie
Protein	13.21 gm
Fat	2.5 gm
CHO	71.97 gm
Trp	174 mg
Iso	443 mg

Leu	898 mg
Lys	359 mg
Met	228 mg
Cys	275 mg
Phe	682 mg
Tyr	275 mg
Val	564 mg
Arg	648 mg



Amino Acid

Wheat all purpose

Qty	125g cup
Amount	Per 100gm
Energy	364 calorie
Protein	10.33 gm
Fat	0.98 gm
CHO	76.31 gm
Trp	127 mg

Iso	357 mg
Leu	710 mg
Lys	228 mg
Met	183 mg
Cys	219 mg
Phe	520 mg
Tyr	312 mg
Val	415 mg
Arg	417 mg



Doughnuts plain, sugared or glazed

Qty	45g doughnut, medium
Amount	Per 100gm
Energy	426 calorie
Protein	5.2 gm
Fat	22.9 gm
CHO	50.8 gm
Trp	69 mg

Iso	231 mg
Leu	405 mg
Lys	256 mg
Met	105 mg
Cys	100 mg
Phe	244 mg
Tyr	183 mg
Val	261 mg
Arg	238 mg



Bulgur, dry

Qty	140g cup
Amount	Per 100gm
Energy	342 calorie
Protein	12.29 gm
Fat	1.33 gm
CHO	75.87 gm
Trp	190 mg

Iso	455 mg
Leu	830 mg
Lys	339 mg
Met	190 mg
Cys	285 mg
Phe	580 mg
Tyr	358 mg
Val	554 mg
Arg	575 mg



Quinoa, dried

Qty	1 cup 170 gm
Amount	Per 100gm
Energy	368 calorie
Protein	14.12 gm
Fat	6.07 gm
CHO	64.16 gm
Trp (mg)	167 mg
Iso	504 mg

Leu	840 mg
Lys	766 mg
Met	309 mg
Cys	203 mg
Phe	593 mg
Tyr	267 mg
Val	594 mg
Arg	1090 mg



Popcorn

Qty	8g 1 cup
Amount	Per 100gm
Energy	387 calorie
Protein	12.94 gm
Fat	4.54 gm
CHO	77.78 gm
Trp	85 mg

Iso	431 mg
Leu	1473 mg
Lys	338 mg
Met	252 mg
Cys	217 mg
Phe	59 mg
Tyr	488 mg
Val	607 mg
Arg	598 mg



Oil pop corn

Qty	1 cup 11gm
Amount	Per 100gm
Energy	500 calorie
Protein	9 gm
Fat	28 gm
CHO	57 gm
Trp	63 mg

Iso	232 mg
Leu	1103 mg
Lys	253 mg
Met	189 mg
Cys	163 mg
Phe	442 mg
Tyr	366 mg
Val	455 mg
Arg	448 mg



Popcorn, caramel-coated

Qty	1 cup (31 gm)
Amount	Per 100gm
Energy	431 calorie
Protein	3.8 gm
Fat	12.8 gm
CHO	79.1 gm
Trp	45 mg

Iso	157 mg
Leu	284 mg
Lys	281 mg
Met	73 mg
Cys	39 mg
Phe	154 mg
Tyr	109 mg
Val	177 mg
Arg	235 mg



Corn flour white/yellow

Qty	117g cup
Amount	Per 100gm
Energy	361 calorie
Protein	6.93 gm
Fat	3.86 gm
CHO	76.85 gm
Trp	49 mg
Iso	248 mg

Leu	850 mg
Lys	195 mg
Met	145 mg
Cys	125 mg
Phe	340 mg
Tyr	282 mg
Val	351 mg
Arg	345 mg



Spices and Herbs

Ginger, root, raw

Qty	5 slices 11g
Amount	Per 100gm
Energy	80 calorie
Protein	1.82 gm
Fat	0.75 gm
CHO	17.77 gm
Trp	12 mg

Iso	51 mg
Leu	74 mg
Lys	57 mg
Met	13 mg
Cys	8 mg
Phe	45 mg
Tyr	20 mg
Val	73 mg
Arg	43 mg



Thyme, dried

Qty	tsp, ground 1.4g
Amount	Per 100gm
Energy	276 calorie
Protein	9.11 gm
Fat	7.43 gm
CHO	63.94 gm
Trp	186 mg

Iso	468 mg
Leu	430 mg
Lys	207 mg
Met	
Cys	
Phe	
Tyr	
Val	502 mg
Arg	



Basil, dried

Qty	tbsp, ground 4.5g
Amount	Per 100gm
Energy	233 calorie
Protein	22.98 gm
Fat	4.07 gm
CHO	47.75 gm
Trp	260 mg

Iso	1060 mg
Leu	1850 mg
Lys	1150 mg
Met	320 mg
Cys	190 mg
Phe	125 mg
Tyr	750 mg
Val	145 mg
Arg	123 mg



Oregano, dried

Qty	tsp, ground 1.8g
Amount	Per 100gm
Energy	265 calorie
Protein	9 gm
Fat	4.28 gm
CHO	68.92 gm
Trp	203 mg

Iso	441 mg
Leu	780 mg
Lys	500 mg
Met	127 mg
Cys	110 mg
Phe	449 mg
Tyr	297 mg
Val	585 mg
Arg	449 mg



Caraway seed

Qty	tbsp 6.7g
Amount	Per 100gm
Energy	333 calorie
Protein	19.77 gm
Fat	14.59 gm
CHO	49.9 gm
Trp	244 mg

Iso	826 mg
Leu	1218 mg
Lys	1031 mg
Met	361 mg
Cys	329 mg
Phe	867 mg
Tyr	642 mg
Val	1037 mg
Arg	1252 mg



Chili powder

Qty	tbsp 8g
Amount	Per 100gm
Energy	282 calorie
Protein	13.46 gm
Fat	14.28 gm
CHO	49.7 gm
Trp	70 mg

Iso	390 mg
Leu	630 mg
Lys	360 mg
Met	130 mg
Cys	180 mg
Phe	370 mg
Tyr	190 mg
Val	540 mg
Arg	490 mg



Cinnamon, ground

Qty	tbsp 7.8g
Amount	Per 100gm
Energy	247 calorie
Protein	3.99 gm
Fat	1.24 gm
CHO	80.59 gm
Trp	49 mg

Iso	146 mg
Leu	253 mg
Lys	243 mg
Met	78 mg
Cys	58 mg
Phe	146 mg
Tyr	136 mg
Val	224 mg
Arg	166 mg



Cloves, ground

Qty	tbsp 6.5g
Amount	Per 100gm
Energy	274 calorie
Protein	5.97 gm
Fat	13 gm
CHO	65.53 gm
Trp	30 mg
Iso	240 mg

Leu	400 mg
Lys	370 mg
Met	80 mg
Cys	70 mg
Phe	230 mg
Tyr	190 mg
Val	340 mg
Arg	320 mg



Curry powder

Qty	tbsp 6.3g
Amount	Per 100gm
Energy	325 calorie
Protein	14.29 gm
Fat	14.01 gm
CHO	55.83 gm
Trp	110 mg

Iso	630 mg
Leu	890 mg
Lys	700 mg
Met	190 mg
Cys	200 mg
Phe	580 mg
Tyr	400 mg
Val	750 mg
Arg	890 mg



Fenugreek seed (helba)

Qty	tbsp 11.1g
Amount	Per 100gm
Energy	323 calorie
Protein	23 gm
Fat	6.41 gm
CHO	58.35 gm
Trp	391 mg

Iso	1241 mg
Leu	1757 mg
Lys	1684 mg
Met	338 mg
Cys	369 mg
Phe	1089 mg
Tyr	764 mg
Val	1102 mg
Arg	2465 mg



Sesame seeds whole dried

Qty	tbsp 9g
Amount	Per 100gm
Energy	573 calorie
Protein	17.73 gm
Fat	49.67 gm
CHO	23.45 gm
Trp	388 mg

Iso	763 mg
Leu	1358 mg
Lys	569 mg
Met	586 mg
Cys	358 mg
Phe	940 mg
Tyr	743 mg
Val	990 mg
Arg	2630 mg



Nuts

Cashew nuts, roasted

Qty	1 cup 137gm
Amount	Per 100gm
Energy	574 calorie
Protein	15 gm
Fat	46 gm
CHO	33 gm
Trp	237 mg

Iso	731 mg
Leu	1285 mg
Lys	817 mg
Met	274 mg
Cys	283 mg
Phe	791 mg
Tyr	491 mg
Val	1040 mg
Arg	1741 mg



Pine nuts, dried

Qty	cup 135g
Amount	Per 100gm
Energy	673 calorie
Protein	14 gm
Fat	68 gm
CHO	13 gm
Trp	107 mg

Iso	542 mg
Leu	991 mg
Lys	540 mg
Met	259 mg
Cys	289 mg
Phe	524 mg
Tyr	509 mg
Val	687 mg
Arg	2413 mg



Pistachio nuts, roasted

Qty	cup 123g
Amount	Per 100gm
Energy	568 calorie
Protein	21 gm
Fat	46 gm
CHO	27 gm
Trp	284 mg

Iso	935 mg
Leu	1616 mg
Lys	1197 mg
Met	351 mg
Cys	371 mg
Phe	1104 mg
Tyr	432 mg
Val	1288 mg
Arg	2108 mg



Walnuts, black roasted

Qty	1cup chopped 125gm
Amount	Per 100gm
Energy	618 calorie
Protein	24 gm
Fat	59 gm
CHO	10 gm
Trp	318 mg

Iso	966 mg
Leu	168 mg
Lys	713 mg
Met	467 mg
Cys	468 mg
Phe	1094 mg
Tyr	740 mg
Val	1271 mg
Arg	3618 mg



Nuts, almonds

Qty	cup, sliced 92g
Amount	Per 100gm
Energy	579 calorie
Protein	22 gm
Fat	53 gm
CHO	19 gm
Trp	199 mg

Iso	718 mg
Leu	1527 mg
Lys	1624 mg
Met	196 mg
Cys	293 mg
Phe	1193 mg
Tyr	551 mg
Val	831 mg
Arg	2562 mg



Hazelnuts, roasted

Qty	cup, ground 75g
Amount	Per 100gm
Energy	574 calorie
Protein	15 gm
Fat	46 gm
CHO	33 gm
Trp	237 mg

Iso	731 mg
Leu	1285 mg
Lys	817 mg
Met	274 mg
Cys	283 mg
Phe	791 mg
Tyr	491 mg
Val	1040 mg
Arg	1741 mg



Peanuts, roasted

Qty	cup 146g
Amount	Per 100gm
Energy	567 calorie
Protein	25.8 gm
Fat	49.24 gm
CHO	16.13 gm
Trp	250 mg

Iso	907 mg
Leu	1672 mg
Lys	926 mg
Met	317 mg
Cys	331 mg
Phe	1377 mg
Tyr	1049 mg
Val	1082 mg
Arg	3085 mg





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