HEALTHY TIPS

Top 10 High-Protein Veggies You Should Start Eating Everyday

By bestfolkmedicine · 24/05/2018 · 3 min read



We hear a lot about the importance of protein, but do we know why do we need it so much? Namely, protein is necessary so that our bodies can build and repair tissues, as well as for energy, functional enzymes and hormones, and strong immunity. By eating foods that are abundant in protein, we build lean mass (which is more metabolically active than fat mass) and assist the burning of fat and consequently, encourage the loss of weight. With this in mind, in today's article, we decided to show you the 10 tastiest veggies abundant in protein. You will love them!

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10 Delicious Veggies Rich in Protein

- **Asparagus**

This veggie is rich in folate, magnesium, phosphorus, copper, vitamins A and K, as well as manganese. It possesses strong anti-inflammatory and probiotic characteristics and it can be included in salads and steamed, grilled, fried, boiled, or roasted.

- **Spinach**

Spinach is rich in potassium, magnesium, folate, vitamin A and C, as well as manganese. It contains pivotal amino acids and a 30-gram serving will supply you with a gram of protein and 181 percent of the RDI for vitamin K. When consumed regularly, it can lower oxidative stress and inflammation.

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- **Bok choy**

Also known as Chinese cabbage, this veggie, in addition to protein, also has iron, calcium, folate, potassium, and vitamins A, C, and K. It has anti-inflammatory and antioxidant characteristics and according to research, it can decrease the chance of prostate cancer.

- **Cauliflower**

This cruciferous veggie contains protein whereas it has a low amount of calories and an abundance of iron, potassium, magnesium, calcium, and phosphorus. Moreover, it has a compound called sinigrin which possesses powerful antioxidant, anti-inflammatory, and anticancer properties.

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- **Brussels sprouts**

This delicious veggie contains vitamins, protein, and fiber in addition to the protein. According to research, it enhances the growth of good intestinal bacteria and the creation of short-chain fatty acids in the gut. They can be prepared steamed, grilled, or roasted.

- **Mustard greens**

This vegetable is part of the Brassica family and it is abundant in phenolic compounds that are known for their powerful antioxidant abilities. It will supply you with calcium, potassium, and

manganese and when you steam it, you better its capacity to connect to bile acids and decrease the bad cholesterol. You can also sauté or boil it or add it raw in salads.

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- **Broccoli**

One serving of this superfood has 2.6 grams of protein and all essential amino acids. It also contains potassium, phosphorus, folate, and manganese. It has potent anti-inflammatory and antioxidant characteristics and it is known to minimize the chance for tumors. It is also highly recommendable for a full body detox. It can be prepared in numerous ways, i.e. baked, roasted, sautéed, or steamed.

- **Watercress**

This is yet another cruciferous veggie with some pretty amazing properties. It contains potassium, manganese, and numerous vitamins, as well as phenolic compounds that avert cancer. The best way is to add fresh to sandwiches, salads, and smoothies, but avoid boiling it because you will decrease the level of antioxidants.

- **Alfalfa sprouts**

These sprouts are full of amazing nutrients whereas they have a low amount of calories. One cup will supply you with 1.3 grams of protein, as well as with magnesium, zinc, folate, phosphorus, and copper.

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- **Collard greens**

This dark green veggie has loose leaves that are abundant in plant protein and fatty acids. It contains 230 percent of the RDI of vitamin K. It is known to be abundant in calcium, manganese, and potassium and strong antioxidant properties. It can help you regulate the cholesterol levels. Mix it with other veggies in salads and steam or sauté it.

Sources:

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