

Lysine – mg / 100g Serving	
5327	Soy protein isolate, potassium type, cru
3928	Soy protein concentrate, produced by a
3460	Gelatins, dry powder, unsweetened
3157	Tofu, dried-frozen (koyadofu), prepared
3129	Soy flour, defatted, crude protein basis
3115	Parsley, freeze-dried
3097	Soy flour, low-fat, crude protein basis (N
3025	Seaweed, spirulina, dried
2991	Soy meal, defatted, raw, crude protein t
2634	Soybeans, mature seeds, dry roasted [S
2596	Meat extender
2529	Seeds, cottonseed flour, low fat (glandl
2501	Gelatin desserts, dry mix, reduced calor
2463	Seeds, pumpkin and squash seed kerne
2344	Soybeans, mature seeds, roasted, salte
2298	Soy flour, full-fat, raw, crude protein bas
2136	Winged beans, mature seeds, raw
2079	Seeds, cottonseed flour, partially defatte
1977	Seeds, sunflower seed flour, partially de
1933	Lupins, mature seeds, raw
1874	Peanut flour, defatted
1833	Seeds, pumpkin and squash seed kerne
1772	Peas, split, mature seeds, raw
1740	Lentils, pink, raw
1738	Beans, kidney, royal red, mature seeds,
1695	Papad
1684	Spices, fenugreek seed
1674	Mungo beans, mature seeds, raw
1673	Beans, kidney, california red, mature se
1671	Broadbeans (fava beans), mature seeds
1664	Mung beans, mature seeds, raw
1654	Seeds, cottonseed kernels, roasted (gla
1646	Yardlong beans, mature seeds, raw
1632	Hyacinth beans, mature seeds, raw
1618	Beans, kidney, all types, mature seeds,
1614	Cowpeas, catjang, mature seeds, raw
1608	Seeds, sesame flour, low-fat
1603	Beans, white, mature seeds, raw
1591	Cowpeas, common (blackeyes, crowde
1580	Beans, cranberry (roman), mature seed
1547	Beans, kidney, red, mature seeds, raw
1521	Pigeon peas (red gram), mature seeds,
1519	Spices, mustard seed, yellow
1510	Beans, yellow, mature seeds, raw
1500	Beans, great northern, mature seeds, r
1497	Beans, adzuki, mature seeds, raw
1483	Beans, black, mature seeds, raw
1468	Wheat germ, crude
1459	Beans, black turtle soup, mature seeds,
1449	Beans, small white, mature seeds, raw
1438	Beans, pink, mature seeds, raw
1438	Lima beans, large, mature seeds, raw
1386	Seeds, pumpkin and squash seeds, wh
1382	Lima beans, thin seeded (baby), mature
1356	Beans, pinto, mature seeds, raw [Includ
1293	Seeds, sesame flour, partially defatted
1291	Beans, french, mature seeds, raw
1291	Chickpeas (garbanzo beans, bengal gra
1280	Beans, navy, mature seeds, raw [Includ
1262	Sausage, meatless
1248	Mothbeans, mature seeds, raw
1213	Peanut flour, low fat
1196	Nuts, pistachio nuts, dry roasted, witho
1176	Seeds, safflower seed meal, partially de
1151	Nuts, pistachio nuts, raw
1145	Natto
1131	Tofu, fried, prepared with calcium sulfat
1108	Soybeans, mature seeds, cooked, boile
1058	Chives, freeze-dried
1039	Tofu, raw, firm, prepared with calcium s
1038	Spices, dill seed
1031	Spices, caraway seed
1005	Peanuts, spanish, oil-roasted, without s
1004	Veggie burgers or soyburgers, unprepar
987	Seeds, sesame flour, high-fat
985	Seeds, lotus seeds, dried
983	Cocoa, dry powder, unsweetened
971	Peanuts, valencia, oil-roasted, without s
952	Spices, poppy seed
945	Peanuts, all types, r
939	Peanuts, spanish, r
938	Nuts, cashew butter
937	Seeds, sunflower s
929	Peanuts, virginia, o
928	Nuts, cashew nuts,
926	Peanuts, all types,
917	Seeds, chia seeds,
916	Soybeans, mature :
910	Nuts, formulated, w
908	Tempeh
907	Cocoa, dry powder,
901	Peanuts, valencia, i
887	Seeds, watermelon
886	Nuts, formulated, w
862	Seeds, flaxseed
858	Nuts, cashew nuts,
858	Spearmint, dried [r
856	Falafel, home-prep
850	Peanuts, all types, i
835	Tofu, hard, prepare
832	Lupins, mature see
825	Seeds, sunflower s
817	Nuts, cashew nuts,
809	Seeds, sunflower s
806	Seeds, sisybrium
796	Peppers, sweet, gr
795	Seeds, sunflower s
786	Leeks, (bulb and lo
775	Soybeans, green, r
770	Nuts, butternuts, dr
766	Nuts, formulated, w
766	Quinoa, uncooked
760	Oat bran, raw
758	Spices, fennel seed
752	Soybeans, mature :
747	Amaranth, uncooke
745	Edamame, frozen, i
739	Soybeans, green, c
731	Soy sauce made fr
727	Bacon, meatless
720	Potatoes, mashed,
713	Nuts, walnuts, bla
712	Lentils, sprouted, r
712	Nuts, mixed nuts, d
708	Seeds, sunflower s
701	Oats
698	Lentils, sprouted, c
690	Edamame, frozen, i
682	Nuts, mixed nuts, w
672	Buckwheat
671	Peanut butter, chur
669	Peanut butter, smo
668	Beans, white, matu
658	Nuts, mixed nuts, w
652	Beans, winged, ma
651	Beans, kidney, roy
651	Tofu, extra firm, pre
650	Rice bran, crude
650	Seeds, sesame see
641	Beans, cranberry (r
640	Buckwheat flour, wl
630	Beans, pinto, matur
630	Lentils, mature see
629	Beans, yellow, mat
629	Wild rice, raw
627	Beans, kidney, calif
624	Nuts, almonds, dry
622	Beans, pink, matur
620	Nuts, almonds, blar
618	Spices, basil, dried
616	Beans, small white,
614	Shallots, freeze-dri
609	Baking chocolate, u
608	Beans, black, matu
607	Beans, kidney, all t
607	Noodles, japanese,
605	Rye
602	Peas, split, mature
600	Nuts, almonds, oil r
600	Wheat bran, crude
595	Beans, kidney, all t
595	Buckwheat groats,
593	Chickpeas (garbanz
592	Winged bean tuber,
590	Cowpeas (Blackeye
580	Nuts, almonds [Incl
580	Seeds, sesame but
578	Spices, garlic powd
576	Seeds, sesame but
574	Potatoes, mashed,
572	Beans, great northe
571	Beans, pinto, matur
571	Seeds, sesame but
570	Seeds, breadfruit s
569	Seeds, sesame see
567	Beans, adzuki, mat
562	Beans, black turtle
561	Beans, yardlong, m
559	Spinach souffle
558	Cowpeas (blackeye
556	Hyacinth beans, m
553	Egg custards, dry n
550	Cowpeas, catjang,
545	Candies, peanut ba
545	Seeds, sesame but
544	Seeds, sesame me
544	Seeds, sesame see
544	Seeds, sesame see
540	Nuts, pine nuts, dri
539	Beans, lima, thin se
537	Horseradish-tree le
537	Tofu, salted and fer
535	Barley malt flour
534	Seeds, safflower se
532	Tofu, raw, regular, i
527	Beans, navy, matur
523	Cowpeas, common
523	Lima beans, large,
520	Beans, navy, matur
519	Nuts, almonds, hon
519	Tomatoes, sun-drie
516	Beans, great northe
515	Pepper, ancho, drie
505	Nuts, acorns, dried
504	Nuts, almond butter
502	Lima beans, immat
500	Mungo beans, mat
498	Beans, white, matu
497	Nuts, hickorynuts, c
497	Peas, mature seed:
495	MORI-NU, Tofu, sill
494	Nuts, ginkgo nuts, c
492	Nuts, brazilnuts, dri
490	Mung beans, matur
486	Broadbeans (fava b
486	Rye flour, dark
486	Soybeans, mature :
485	Peanuts, all types, i
484	Beans, french, mat
478	Miso
477	Seeds, breadfruit s
474	Pigeon peas (red gi
472	Beans, baked, canr
471	Peppers, hot chile,
470	Baking chocolate, u
470	Macaroni, protein-f
470	Spaghetti, protein-f
468	Nuts, acorn flour, fl
467	Spices, onion powd
465	Barley, hulled
462	Tofu, firm, prepar
459	MORI-NU, Tofu, sill
456	Potatoes, mashed,
452	Beans, baked, canr
439	Lima beans, immat
436	Noodles, egg, spin
434	Nuts, pine nuts, pin
431	Tofu, soft, prepared
429	Noodles, egg, dry, t
428	MORI-NU, Tofu, sill
428	Onions, dehydrated
425	Mothbeans, mature
424	Nuts, walnuts, engli
423	Lima beans, immat
420	Nuts, hazelnuts or f
416	Kamut, uncooked
414	Beans, black turtle :
413	Potato flour
409	Chili with beans, ca
409	Spelt, uncooked
408	Seeds, breadfruit se
404	Wheat, hard red spi
403	Beans, navy, matur
401	Lima beans, immat
393	Radishes, oriental,
391	Barley flour or meal
385	Nuts, hazelnuts or f
384	MOR-NU, Tofu, silk
384	Nuts, acorns, raw
384	Peas, mature seed:
381	Beans, cranberry (r
381	Potatoes, au gratin,
379	Beans, baked, hom
378	Nuts, chestnuts, eu
378	Wheat flour, whole-
377	Refried beans, canr
376	Teff, uncooked
371	Nuts, chestnuts, ch
370	Tomato powder
369	Barley, pearled, raw
369	Nuts, pilinuts-canar
369	Triticale flour, whole
367	Beans, kidney, all t
367	Nuts, beechnuts, dr
366	Broadbeans, immat
365	Triticale
357	Soy sauce made fr
354	Gelatin desserts, dr
354	Gelatin desserts, dr
354	Lambquarters, raw
351	Ice creams, vanilla,
350	Beans, navy, matur
350	Broadbeans (fava b
343	Mushrooms, shiitak
342	Nuts, chestnuts, ja
341	Corn, yellow, whole
341	MORI-NU, Tofu, sill
339	Apricots, dehydrate
339	Bulgur, dry
338	Candies, caramels
336	Pasta, fresh-refrige
335	Wheat, hard red wir
334	Beans, pinto, matur
331	Chickpeas (garbanz
330	Lima beans, large, i
329	Salad dressing, hor
327	Beans, baked, canr
325	Egg custards, dry n
325	Rye flour, medium
324	Macaroni, whole-wf
324	Spaghetti, whole-wl
322	Egg custards, dry n
321	Cowpeas, common
317	Peas, green, raw
315	Carrot, dehydrated
315	Wheat, soft red win
314	Peas, green, cooke
314	Wheat flour, white (
313	Broadbeans, immat
312	Seaweed, spirulina,
305	Peas, green, frozen
304	Nuts, coconut meat
303	Rice, brown, long-g
303	Wheat, durum
302	Peas, green, frozen
301	Horseradish-tree, leafy tip
299	Beans, pinto, mature seed
299	Spices, ginger, ground
298	Beans, baked, canned, pli
298	Frozen yogurts, vanilla, sc
298	Macaroni, dry, unenriched
298	Spaghetti, dry, unenriched
297	Nuts, chestnuts, european
297	Nuts, pecans, dry roasted
297	Succotash, (corn and lima
296	Ice creams, french vanilla
296	Wheat flour, white (indust
295	Succotash, (corn and lima
294	Soy sauce made from soy
291	Hummus, home prepared
291	Rye flour, light
287	Nuts, pecans
286	Beans, adzuki, mature se
286	Rice, brown, medium-grai
285	Wheat flour, white, cake, (
280	Candies, KIT KAT Wafer I
279	Frozen yogurts, chocolate
276	Rice flour, brown
275	Beans, kidney, mature se
275	Rice, white, with pasta, dr
274	Corn, sweet, yellow, froze
274	Mustard, prepared, yellow
273	Garlic, raw
273	Spaghetti, spinach, dry
271	Frijoles rojos volteados (R
270	Wheat flour, white (industr
269	Macaroni, vegetable, dry, (
268	Beans, lima, immature see
267	Syrups, malt
265	Corn, white
265	Corn, yellow
264	Seeds, lotus seeds, raw
263	Corn flour, masa, enriched
261	Mung beans, mature seed
260	Seeds, breadnuttree seed:
260	Wheat flour, white (industr
259	Peas, green, canned, no s
258	Ice creams, vanilla
258	Rice, white, long-grain, rec
256	Spinach, frozen, chopped
253	Corn, sweet, yellow, canne
252	Mushrooms, brown, Italian
252	Peas, edible-podded, froze
252	Succotash, (corn and lima:
251	Spinach, frozen, chopped
250	Rennin, chocolate, dry mix
248	Beans, adzuki, yokan, mal
248	Ice creams, vanilla, rich
247	Rennin, chocolate, dry mix
246	Dill weed, fresh
246	Puddings, chocolate, dry n
246	Rice, white, glutinous, raw
246	Taro leaves, raw
245	Couscous, dry
245	Wheat, sprouted
243	Nuts, chestnuts, chinese, i
243	Rennin, vanilla, dry mix, pi
243	Semolina, unenriched
243	Spices, cinnamon, ground
240	Rennin, vanilla, dry mix, pi
239	Beans, kidney, mature see
239	Broccoli raab, cooked [Bro
239	Corn pudding, home prep
239	Puddings, chocolate, dry n
239	Quinoa, cooked
239	Rice, white, medium-grain.
239	Wheat flour, white (industr
237	Flan, caramel custard, dry
235	Peas, edible-podded, cook
235	Rice, white, short-grain, ra
234	Flan, caramel custard, dry
234	Nuts, coconut meat, dried
233	Cornmeal, self-rising, bolte
231	Puddings, vanilla, dry mix,