

Lupini Bean Attributes:

Lupini beans were once a well-known food in the Mediterranean countries and Latin America. One cup of lupine beans, cooked and boiled without salt, contains approximately 198 calories, 26 grams of protein, 16 grams of carbohydrates, 5 grams of fat, and 5 grams of fiber. Lupini beans also contain generous amounts of manganese, copper, magnesium, phosphorus, potassium and zinc, as well as smaller quantities of folate and vitamin A.



Lupini Bean Health Benefits

1.) Lupini beans have the greatest percentage of protein than any other superfood. A high protein concentration enables the body to break down those plant proteins into usable amino acids and proteins, which in turn, are essential for growth and the creation of new cells and tissues. In addition to this, an influx of protein in the diet releases a particular “sated” hormone that suppresses the appetite, helping you remain true to your weight loss goals.

2.) The low fat as well as carbohydrate contained in lupini beans help individuals lose their extra body fat. Additionally, the fiber inhibits appetite by providing a satisfied feeling towards the stomach throughout the day. This removes the necessity for unhealthy snacks that usually play a role in putting on weight.

3.) Lupini beans include high quantities of arginine that is an essential amino acid. Arginine assists with reducing levels of blood sugar levels as well as cholesterol. Individuals with high blood pressure can usually benefit from the decrease in blood pressure level brought on by arginine.

4.) In addition to being a wonderful protein source both for humans as well as animals, lupini beans may also be an excellent antioxidant source. Higher consumption of these beans is therefore vital for decreasing the chance of developing numerous health conditions, which includes cardiovascular problems, cancer, diabetes and several neurodegenerative diseases.

5.) Lupini beans behave like a probiotic, improving digestions and boosting bowel health. Better bowel function leads to reducing of the signs of constipation along with other bowel irregularity.

Nutrition Facts

Serving Size 1 cup 166g (166 g)

Amount Per Serving

Calories 198 **Calories from Fat** 41

% Daily Value*

Total Fat 5g 7%

Saturated Fat 1g 3%

Trans Fat

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 16g 5%

Dietary Fiber 5g 19%

Sugars

Protein 26g

Vitamin A 0% • Vitamin C 3%

Calcium 8% • Iron 11%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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