Legume Nutrients

Lentils	Rich in polyphenols, which are both anti-inflammatory and antioxidant. Also a good source of fibre and iron.
Kidney Beans	Contain almost no fat. Also a good source of fibre, iron and phosphorus.
Pinto Beans	Rich in copper, iron and folate. Contain very little fat.
Black Beans	Rich in copper, folate and thiamine. A good source of fibre and iron.
Butter Beans	A source of fibre, copper, iron and manganese. Also contain selenium.
Black-eyed Beans	High in fibre. Can help control sugar levels. A good source of folate, phosphorus, zinc and iron.
Borlotti Beans	Contain a small amount of omega oils. Very high in folate. A good source of copper and antioxidants.
Chickpeas	Contain high levels of vitamin B6 and manganese. A source of iron and copper and a good source of fibre.
Soya Beans	Very high in iron, copper, manganese and phosphorus. Also a good source of potassium, zinc and vitamin K.