

# Important Protein Plants of East Sudan

COMMON NAME  
White lupin

SCIENTIFIC NAME  
*Lupinus albus*

USE  
Seeds are soaked in salted water for 3 days before cooking, used in soups, toasted, ground into flour for bread, or roasted as a coffee substitute.

KEY NUTRIENTS  
energy, protein

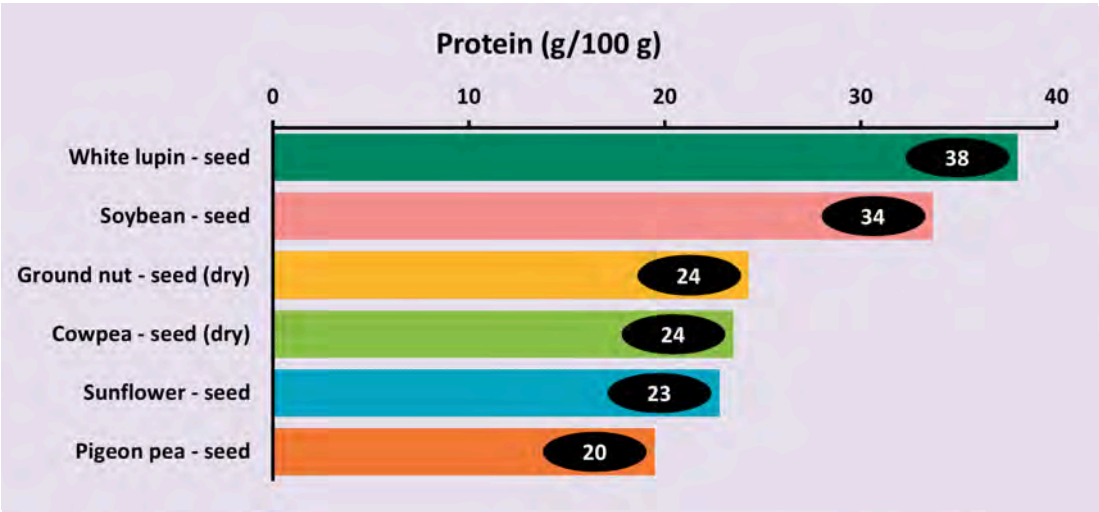


COMMON NAME  
Soy bean

SCIENTIFIC NAME  
*Glycine max*

USE  
The dried seeds are boiled or baked, used in soups, stews, and casseroles. Toasted seeds are eaten like a snack.

KEY NUTRIENTS  
energy, vitamin A, iron

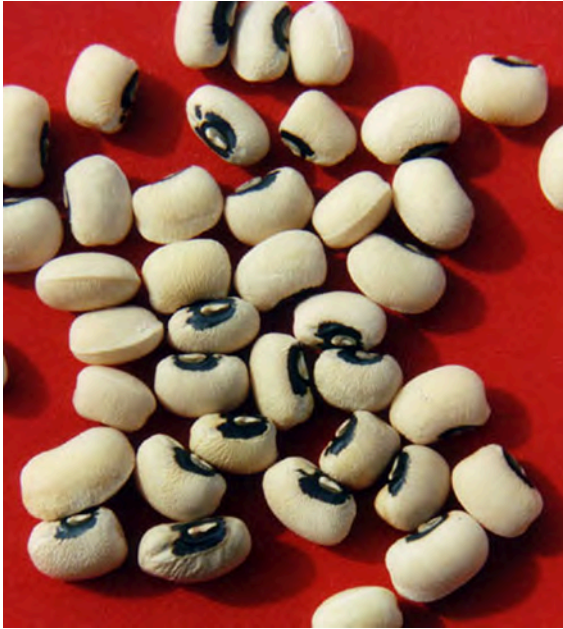


COMMON NAME  
Groundnut

SCIENTIFIC NAME  
*Arachis hypogaea*

USE  
The seeds are boiled, steamed, roasted, salted or made into peanut butter or flour for bread. The unripe pods are cooked and eaten.

KEY NUTRIENTS  
energy, protein, iron



COMMON NAME  
Cowpea

SCIENTIFIC NAME  
*Vigna unguiculata*

USE  
Dried seeds are used in soups or stews and ground into flour or fermented. Seeds are used for bean sprouts. Roasted seeds are used as a coffee substitute.

KEY NUTRIENTS  
energy, protein, iron

Protein is important for growth and development; it helps our bodies repair cells and make new ones

COMMON NAME  
Sunflower

SCIENTIFIC NAME  
*Helianthus annuus*

USE  
Seeds are eaten raw, roasted, ground into a meal for use in bread and cakes, and dried. An edible oil is extracted from the seeds and used for cooking.

KEY NUTRIENTS  
energy, protein, vitamin C, iron, zinc



COMMON NAME  
Pigeon pea

SCIENTIFIC NAME  
*Cajanus cajan*

USE  
Young seeds are cooked and eaten like peas. Ripe seeds are also cooked and eaten in soups and curries. Bean sprouts can be produced and eaten.

KEY NUTRIENTS  
energy, protein, vitamin A, iron



This poster is based on information from the Food Plants International (FPI) database, developed by Tasmanian agricultural scientist Bruce French, AO.