

Cardiau protein



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Mins planhigion

14.9g protein

(100g, wedi'i goginio)



Cardiau protein



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Cardiau protein



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Ffacbys coch

4.1g protein

(120g, wedi'i goginio)

Ffa ffrengig

10.3g protein

(120g, mewn can, wedi'i ddraenio)

Cardiau protein



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**1200g
menyn pysgnau**

4.6g protein

(llwyaid 15ml)



Cardiau protein



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Gwygbys

10.1g protein

(120g, mewn can, wedi'i ddraenio)



Cardiau protein



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Tofu

6.5g protein

(80g, wedi'i stemjo)

Cardiau protein



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Ffa menyn

7.1g protein

(120g, mewn can, wedi'i ddraenio)



Cardiau protein



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Cardiau protein



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Ffacbys gwyrdd

3.9g protein

(120g, wedi'i goginio)

Hadau pwmpen

4.9g protein

(20g)

Cardiau protein



Cardiau protein



Cardiau protein



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Ffa pôb

10g protein

(200g, mewn can)

Darn o eog

35.3g protein

(140g, wedi'i goginio)

Wyau

16.9g protein

(2 wy wedi'i ferwi)

Cardiau protein



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Brest cyw iâr

34.7g protein

(120g, wedi'i grilio)

Cardiau protein



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Tiwna mewn can

29.9g protein

(120g, wedi'i ddraenio)

Cardiau protein



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Darn o fasa

30.5g protein

(140g, wedi'i goginio)

Cardiau protein



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**Mins cig
eidion tra goch**

24.7g protein

(100g, wedi'i goginio)

Cardiau protein



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Pys hollt melyn

4.2g protein

(120g, wedi'i goginio)

Cardiau protein



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Cnau cashiw

3.5g protein

(20g)