

High Protein Foods List

calories and protein for each high protein food!

healthbeet.org

Protein Rich Foods	Grams of protein	Calories	Measurement	Typical Serving
Almond butter	21 grams	614 calories	100 grams	2 tablespoons = 7 grams protein
Almonds	21 grams	579 calories	100 grams	1 ounce = 6 grams protein
Bacon (cooked)	37 grams	541 calories	100 grams	1 slice = 3 grams protein
Beans (cooked legumes)	8.7 grams	127 calories	100 grams	1/2 cup = 7 grams protein
Beef, ground (cooked 95% lean)	27 grams	174 calories	100 grams	3 ounces = 23 grams protein
Beef, steak (sirloin)	27 grams	244 calories	100 grams	3 ounces = 23 grams protein
Cashew	18 grams	553 calories	100 gram	1 ounce = 5 grams protein
Chia seeds	17 grams	486 calories	100 grams	1 ounce = 4.7 grams protein
Chicken breasts	31 grams	165 calories	100 grams	4 ounces = 36 grams protein
Chicken thighs	24 grams	177 calories	100 grams	4 ounces = 28 grams protein
Cottage cheese (2%)	12 grams	86 calories	100 grams	1/2 cup = 13 grams protein
Edamame (cooked)	11 grams	122 calories	100 grams	1 cup = 17 grams protein
Egg whites	11 grams	52 calories	100 grams	1 large = 3.6 grams protein
Eggs	13 gram	143 calories	100 grams	1 large = 6 grams protein
Fish, Cod	18 grams	82 calories	100 grams	3 ounce = 15 grams protein
Fish, halibut (cooked)	23 grams	111 calories	100 grams	3 ounce = 19 grams protein
Fish, salmon (cooked)	24 grams	178 calories	100 grams	3 ounce = 21 grams protein
Fish, Tilapia	26 grams	129 calories	100 grams	3 ounce = 22 grams
Hemp seeds	30 grams	567 calories	100 grams	3 tablespoons (30 g) = 9 g prote
Hummus (varies by brand or rec)	7 grams	250 calories	100 grams	2 tablespoons = 2 grams of prot
Peanut butter	22 grams	596 calories	100 grams	2 tablespoons = 7 grams protein
Peanuts	25 grams	607 calories	100 grams	1 ounce = 7 grams protein
Pine nuts	14 grams	673 calories	100 grams	1 ounce = 4 grams protein
Pork chops (lean, cooked)	21 grams	280 calories	100 grams	3 ounces = 18 grams protein
Pork, tenderloin	27 grams	154 calories	100 grams	3 ounces = 22 grams protein
Protein Powder (whey)	76 grams	338 calories	100 grams	36 grams (1 scoop) = 30 g prote
pumpkin seeds	19 grams	446 calories	100 grams	1 ounce = 5 grams protein
Refried beans	5 grams	92 calories	100 grams	1/2 cup = 7 grams protein
Ricotta Cheese (part skim)	11 grams	138 calories	100 grams	1/2 cup = 14 grams protein
Shrimp (cooked)	24 grams	99 calories	100 grams	3 ounces = 19 grams protein
Sunflower seeds	21 grams	584 calories	100 grams	1/4 cup = 6 grams protein
Tempeh	19 grams	193 calories	100 grams	1 cup = 31 grams protein
Tofu	8 grams	76 calories	100 grams	1/2 cup = 10 grams protein
Tuna	28 grams	132 calories	100 grams	3 ounces = 24 grams protein
Turkey breast	29 grams	189 calories	100 grams	3 ounces = 26 grams protein
Turkey, deli meat	18 grams	96 calories	100 grams	4 ounces = 20 grams protein
Turkey, ground (93% lean)	19.5 grams	141 calories	100 grams	3 ounces = 16.5 grams protein
Yogurt (lowfat, plain)	6 grams	70 calories	100 grams	1 cup = 11 grams

Complete Food Count Guide

Tobias Bleicker



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