

List of High Protein Foods With Calories

Protein Rich Foods	Grams of Protein	Calories	Measurement	Typical Serving
Almond butter	21g	614	100 grams	2 tablespoons = 7g protein
Almonds	21g	579	100 grams	1 ounce = 6g protein
Bacon (cooked)	37g	541	100 grams	1 slice = 3g protein
Beans (cooked legumes)	8.7g	127	100 grams	1/2 cup = 7g protein
Beef, ground (cooked 95% lean)	27g	174	100 grams	3 ounces = 23g protein
Beef, steak (sirloin)	27g	244	100 grams	3 ounces = 23g protein
Cashew	18g	553	100 gram	1 ounce = 5g protein
Chia seeds	17g	486	100 grams	1 ounce = 4.7g protein
Chicken breasts	31g	165	100 grams	4 ounces = 36g protein
Chicken thighs	24g	177	100 grams	4 ounces = 28g protein
Cottage cheese (2%)	12g	86	100 grams	1/2 cup = 13g protein
Edamame (cooked)	11g	122	100 grams	1 cup = 17g protein
Egg whites	11g	52	100 grams	1 large = 3.6g protein
Eggs	13g	143	100 grams	1 large = 6g protein
Fish, cod	18g	82	100 grams	3 ounce = 15g protein
Fish, halibut (cooked)	23g	111	100 grams	3 ounce = 19g protein
Fish, salmon (cooked)	24g	178	100 grams	3 ounce = 21g protein
Fish, tilapia	26g	129	100 grams	3 ounce = 22g protein
Greek yogurt nonfat (varies by brand)	10g	87	100 grams	1 cup = 24g protein
Hemp seeds	30g	567	100 grams	3 tablespoons (30g) = 9g protein
Hummus (varies by brand or recipe)	7g	250	100 grams	2 tablespoons = 2g protein
Peanut butter	22g	598	100 grams	2 tablespoons = 7g protein
Peanuts	25g	607	100 grams	1 ounce = 7g protein
Pine nuts	14g	673	100 grams	1 ounce = 4g protein
Pork chops (lean, cooked)	21g	280	100 grams	3 ounces = 18g protein
Pork, tenderloin	27g	154	100 grams	3 ounces = 22g protein
Protein powder (whey)	78g	338	100 grams	38g (1 scoop) = 30g protein
pumpkin seeds	19g	446	100 grams	1 ounce = 5g protein
Refried beans	5g	92	100 grams	1/2 cup = 7g protein
Ricotta cheese (part skim)	11g	138	100 grams	1/2 cup = 14g protein
Shrimp (cooked)	24g	99	100 grams	3 ounces = 19g protein
Sunflower seeds	21g	584	100 grams	1/4 cup = 6g protein
Tempeh	19g	193	100 grams	1 cup = 31g protein
Tofu	8g	76	100 grams	1/2 cup = 10g protein
Tuna	28g	132	100 grams	3 ounces = 24g protein
Turkey breast	29g	189	100 grams	3 ounces = 26g protein
Turkey, deli meat	18g	98	100 grams	4 ounces = 20g protein
Turkey, ground (93% lean)	19.5g	141	100 grams	3 ounces = 16.5g protein
Yogurt (lowfat, plain)	6g	70	100 grams	1 cup = 11 grams