

Protein List

General guide to help you pick and track higher protein foods. Values are based on www.CalorieKing.com averages.

Food	Portion Size	Calories	Protein (grams)	Carbs
Milk/Creamers				
Whole	1/2 cup	73	3.9	6.4
1%	1/2 cup	52	8.5	6
2%	1/2 cup	60	4	4
Skim	1/2 cup	45	4	4
Half and Half	1 tablespoon	19	0.4	0.6
Half and Half, fat free	1 tablespoon	9	0.4	1.3
Heavy Whipping Cream	1 tablespoon	52	0.3	0.4
Coffee Creamer, Powder	1 tablespoon	10	0	1
Coffee Creamer, liquid	1 tablespoon	20	0	2
Soymilk, light	1/2 cup	30	3	2.5
Almond milk	1/2 cup	30	0.5	4
Yogurt/Sour Cream				
Greek, 2% low-fat plain	6 oz	130	17	7
Greek, non-fat or fat-free	6 oz	120	15	13
Plain, low-fat	1/2 cup	77	6.5	8.5
Plain, non-fat	1/2 cup	68.5	7	9
Plain, whole-fat	1/2 cup	75	4.25	5.5
Sour Cream, cultured	1 tablespoon	26	0.4	0.5
Sour Cream, fat free	1 tablespoon	9	0.4	1.9
Sour Cream, light	1 tablespoon	16	0.4	0.9
w/fruit, fat free	1/2 cup	107.5	5	24
w/fruit, low fat	1/2 cup	112.5	5	24
w/fruit, whole fat	1/2 cup	120	6	8
Egg/Egg Substitute				
egg	1 large	75	6	0.4
egg white	1 large	16	3.6	0.2
egg substitute	1/4 cup	30	6	1
egg substitute white	1/4 cup	25	5	1
Cheese/Butter				
American Pasteurized	1 slice/0.7 oz	79	4.7	0.3
Blue Cheese, crumbled	1/4 cup	119	7	0.8
Butter, regular, salted	1 pat, 1" x 1.3" thick	36	0	0
Butter, regular, unsalted	1 pat, 1" x 1.3" thick	36	0	0
Cheddar or Colby, low fat	1 slice/ 1oz	48	6.8	0.5
Cottage Cheese, 2% fat	1 oz	26	4	1
Cottage Cheese, low fat	1 oz	20	3.5	0.8
Cream Cheese	1 tablespoon	51	1.1	0.4
Cream Cheese, fat free	1 tablespoon	17	2.6	1
Cream Cheese, low fat	1 tablespoon	23	1.1	0.7
Feta, crumbled	1/4 cup	99	5	1.5
Firm/Hard, fat-free	1 oz (1 slice)	31	4.7	2.8
Firm/Hard, low fat	1 oz (1 slice)	48	6.8	0.5
Firm/Hard, regular	1 oz (1 slice)	113	7	0.4
Margarine 80% fat, salted	1 tablespoon	101	0	0.1
Margarine, light soft spread	1 tablespoon	40	0	0
Parmesan Cheese, grated	1 tablespoon	22	1.9	0.2
Nuts/Seeds				
Almonds, dry roasted	1 oz (24 med)	170	6.3	5.5
Cashews, dry roasted	1 oz (18 med)	163	4.3	9.3
Peanuts, roasted	1 oz (40 small)	166	6.7	6.1
Pumpkin seeds, dry roasted	1 oz	126	12	15.2
Soy nuts, dry roasted	1 oz	112	9	6.7
Sunflower seeds, dry roasted	1 oz	165	5.5	6.8

Food	Portion Size	Calories	Protein (grams)	Carbs
Beans/Legumes				
Black beans, boiled	1/2 cup	113	7.5	20
Chickpeas/Garbanzo, canned	1/2 cup	105	6	16
Edamame, boiled	1/2 cup	127	11	9
Lentils, boiled	1/2 cup	115	9	20
Pinto beans, boiled	1/2 cup	122	7.5	22
Meat/Poultry/Seafood				
Atlantic Salmon, baked	4 oz	175	18.8	0
Beef 80% lean ground, broiled	3 oz	230	21.9	0
Beef Lean (round), cooked	3 oz	138	24.9	0
Beef Lean (sirloin), cooked	3 oz	111	18.6	0
Catfish, baked	3 oz	89	15.7	0
Chicken Breast, skinless, cooked	3 oz	101	18	0
Chicken Deli	1 oz (1 slice)	20	5	0
Chicken Drumstick, skinless, cooked	1 leg 1.7 oz	75	12	0
Chicken Thigh, skinless, cooked	1 thigh 2 oz	110	14	0
Chicken Wing, w/skin, cooked	1 wing /1.3 oz	80	10	1
Cod, baked/broiled	3 oz	89	19.4	0
Deli Roast beef	1 oz (1 slice)	29	4.9	0
Ham, extra lean, cooked	3 oz	123	18	1.3
Pork loin, cooked	3 oz	178	24.3	0
Pork loin, roast, cooked	3 oz	180	24	0
Pork tenderloin, cooked	3 oz	139	24	0
Shrimp, boiled	1oz/5 large	28	5.9	0
Swai, baked	3 oz	89	11.3	0
Tuna, canned in water	1/4 cup	45	9.8	0
Turkey Breast, skinless, cooked	4 oz	153	34	0
Turkey Deli	1 slice/3.5" square	22	3.6	0.9
Turkey Ground 85% lean	3 oz	153	14.4	0
Turkey Wing, with skin, roasted	1 wing/5.2 oz	186	24.9	0
Vegetables				
Brussels Sprouts, boiled	1/4 cup	14	1	2.8
Broccoli	1/4 cup	7	0.6	1.5
Cauliflower	1/4 cup	7	0.5	1.4
Carrots, raw	1/4 cup	13	0.3	2.9
celery	1 strip 4" long	1	0	0.1
Corn, canned, drained	1/4 cup	33	1.1	7.6
Corn	1 ear (2.2oz)	59	2	14.1
Cucumber, with peel, raw	1/4 cup/slices	4	0.2	0.6
Cucumber, without peel, raw	1/4 cup/slices	4	0.2	0.9
Garlic, raw	1 teaspoon	4	0.2	0.9
Lettuce, red	1/4 cup	1	0	0.2
Lettuce, romaine	1/4 cup	2	0.1	0
onion, green or red	1 tablespoon	2	0.1	0.4
onion, white	1 tablespoon	4	0	1
pepper, yellow	1 tablespoon	2	0	0.5
pepper, green	1 tablespoon	2	0	0.4
pepper, red	1 tablespoon	2	0	0.6
Potatoes, without skin, boiled	1/4 cup	34	0.7	7.8
Spinach, raw	1/4 cup	2	0.2	0.3
Squash, summer, yellow, cooked	1/4 cup	9	0.4	1.9
Squash, winter, butternut, cooked	1/4 cup	21	0.5	5.4
Squash, Winter, spaghetti, cooked	1/4 cup	10	0.3	2.5
Sweet Potato, without skin, boiled	1/4 cup	62	1.1	14.5
tomato	1/4 cup/6.3oz	8	0.4	1.8
Zucchini, raw, with skin	1/4 cup	5	0.3	1
Food				
Fruits				
Apple, raw, w/skin	1/4 cup sliced	14	0	3.8

Banana	1/4 cup sliced	33	0.4	8.6
Oranges	1/4 cup sections	21	0.4	5.3
Pears	1/4 cup sliced	20	0.1	5.4
Grapes, All varieties	1/4 cup sliced	26	0.3	6.8
Watermelon	1/4 cup diced	11	0.2	2.9
Cantaloupe	1/4 cup cubed	13	0.3	3.4
Peaches	1/4 cup sliced	15	0.4	3.8
Nectarines	1/4 cup sliced	16	0.4	3.8
Strawberries	1/4 cup sliced	13	0.3	3.2
Blueberries	1/4 cup	21	0.3	5.4
Avocados	1/4 cup sliced	48	0.7	3.1
Pineapples				
Cherries				
Mangos				
Blackberries				
Grapefruit				
Tangerines				
Plums				
Kiwi				
Apricot				
Misc.				
Cream of Wheat, instant	1 packet	100	3	20
Oatmeal, instant	1/4 cup	77	2.7	13.7
Quinoa, cooked	1/4 cup	56	2	9.9
Ranch	1 tablespoon	73	0.2	1
Ranch, Fat Free	1 tablespoon	17	0	3.7
Ranch, Reduced Fat	1 tablespoon	29	0.2	3.2