

USDA National Nutrient Database for Standard Reference, Release 16-1

Protein (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	51.891
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	42.588
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	42.437
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	42.331
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	41.048
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	40.797
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	39.368
15034	Fish, haddock, cooked, dry heat	150	1 fillet	36.360
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	35.820
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	34.776
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	34.284
15128	Fish, tuna salad	205	1 cup	32.882
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	32.000
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	31.820
21082	Fast foods, taco	263	1 large	31.770
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	31.203
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	31.052
05277	Chicken, canned, meat only, with broth	142	5 oz	30.913
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	30.736
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	30.683
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	30.291
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	30.209
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	29.696
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	28.642
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	28.621
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	28.185
01037	Cheese, ricotta, part skim milk	246	1 cup	28.019
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	28.001
15141	Crustaceans, crab, blue, canned	135	1 cup	27.702
01036	Cheese, ricotta, whole milk	246	1 cup	27.700
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	27.668
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	27.569
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	27.421
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	27.353
15111	Fish, swordfish, cooked, dry heat	106	1 piece	26.913
13168	Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	26.852
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	26.677
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	26.401
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	26.229
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	25.833

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17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	25.832
13287	Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	25.815
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	25.662
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	25.492
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	25.475
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	25.424
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	25.116
01164	Cheese sauce, prepared from recipe	243	1 cup	25.102
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	25.042
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	24.999
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	24.775
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	24.701
13184	Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	24.642
21042	Fast foods, chili con carne	253	1 cup	24.617
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	24.412
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	24.404
13160	Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	24.361
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	24.352
01095	Milk, canned, condensed, sweetened	306	1 cup	24.205
01013	Cheese, cottage, creamed, with fruit	226	1 cup	24.159
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	24.115
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	24.055
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	23.999
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	23.792
13278	Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled	85	3 oz	23.639
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	23.316
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	23.214
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	23.163
13348	Beef, cured, corned beef, canned	85.05	3 oz	23.049
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	22.806
13176	Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	22.772
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	22.687
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	22.585
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	22.542
05306	Poultry food products, ground turkey, cooked	82	1 patty	22.435
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	22.236

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	22.230
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	22.154
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	22.128
20028	Couscous, dry	173	1 cup	22.075
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	22.041
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	21.888
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	21.842
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	21.726
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	21.718
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	21.718
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	21.684
15111	Fish, swordfish, cooked, dry heat	85	3 oz	21.582
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	21.503
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	21.395
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	21.293
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	21.248
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	20.939
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	20.732
21082	Fast foods, taco	171	1 small	20.657
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	20.630
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	20.621
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	20.606
15034	Fish, haddock, cooked, dry heat	85	3 oz	20.604
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	20.536
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	20.434
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	20.366
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	20.298
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	20.290
22904	Chili con carne with beans, canned entree	222	1 cup	20.180
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	20.077
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	19.984
20005	Barley, pearled, raw	200	1 cup	19.820
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	19.630
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	19.610
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	19.508
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	19.346
01097	Milk, canned, evaporated, nonfat	256	1 cup	19.328
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	19.152
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	19.125
16051	Beans, white, mature seeds, canned	262	1 cup	19.021
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	18.876

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	18.585
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	18.335
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	18.182
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	18.133
21037	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	18.020
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	17.952
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	17.860
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	17.799
16008	Beans, baked, canned, with franks	259	1 cup	17.483
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	17.440
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	17.425
19041	Snacks, pork skins, plain	28.35	1 oz	17.379
20012	Bulgur, dry	140	1 cup	17.206
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	17.170
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	17.161
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	17.040
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	16.813
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	16.805
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	16.800
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	16.687
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	16.448
20080	Wheat flour, whole-grain	120	1 cup	16.440
20083	Wheat flour, white, bread, enriched	137	1 cup	16.413
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	16.346
20033	Oat bran, raw	94	1 cup	16.262
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	16.228
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	16.088
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	16.023
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	15.956
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	15.834
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	15.804
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	15.595
15077	Fish, salmon, chinook, smoked	85.05	3 oz	15.547
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	15.377
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	15.346
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	15.239
20011	Buckwheat flour, whole-groat	120	1 cup	15.144
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	14.770
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	14.744
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	14.664
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	14.530
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	14.433

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22401	Spaghetti w/Meat Sauce, frozen entree	283	1 package	14.292
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	14.136
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	14.106
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	13.906
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	13.835
21119	Fast foods, hotdog, with chili	114	1 sandwich	13.509
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	13.489
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	13.440
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	13.434
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	13.341
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	13.296
21083	Fast foods, taco salad	198	1-1/2 cups	13.226
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	13.210
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	13.191
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	13.055
22906	Chicken pot pie, frozen entree	217	1 small pie	13.042
21050	Entrees, pizza with cheese, meat, and vegetables	79	1 slice	13.011
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	13.007
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	12.913
21043	Fast foods, clams, breaded and fried	115	3/4 cup	12.823
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	12.720
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	12.612
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	12.562
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	12.448
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	12.397
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	12.363
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	12.317
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	12.312
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	12.167
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	12.126
01111	Milk shakes, thick vanilla	313	11 fl oz	12.082
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	12.069
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	11.970
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	11.940
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	11.918
16073	Lima beans, large, mature seeds, canned	241	1 cup	11.881
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	11.880
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	11.702
14347	Shake, fast food, vanilla	333	16 fl oz	11.655
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	11.606
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	11.520
22905	Beef stew, canned entree	232	1 cup	11.461

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16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	11.376
21077	Fast foods, frijoles with cheese	167	1 cup	11.373
18031	Bread, indian (navajo) fry	160	10-1/2" bread	11.360
14346	Shake, fast food, chocolate	333	16 fl oz	11.322
11546	Tomato products, canned, paste, without salt added	262	1 cup	11.318
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	11.272
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	11.238
20084	Wheat flour, white, cake, enriched	137	1 cup	11.234
07017	Chicken roll, light meat	56.7	2 slices	11.074
11658	Spinach souffle, home-prepared	136	1 cup	10.989
07028	Ham, sliced, extra lean, (approximately 5% fat)	56.7	2 slices	10.971
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	10.886
15157	Mollusks, clam, mixed species, raw	85	3 oz	10.855
21118	Fast foods, hotdog, plain	98	1 sandwich	10.388
21023	Breakfast items, french toast with butter	135	2 slices	10.341
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	10.319
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	10.217
21051	Entrees, pizza with pepperoni	71	1 slice	10.125
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	10.038
19087	Candies, confectioner's coating, white	170	1 cup	9.979
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	9.920
20020	Cornmeal, whole-grain, yellow	122	1 cup	9.906
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	9.736
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	9.726
01057	Eggnog	254	1 cup	9.677
21074	Fast foods, enchilada, with cheese	163	1 enchilada	9.633
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	9.626
06166	Sauce, homemade, white, medium	250	1 cup	9.600
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	9.474
18003	Bagels, egg	89	4" bagel	9.434
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	9.412
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	9.347
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	9.345
16120	Soy milk, fluid	245	1 cup	9.188
01110	Milk shakes, thick chocolate	300	10.6 fl oz	9.150
21078	Fast foods, nachos, with cheese	113	6-8 nachos	9.097
05292	Turkey patties, breaded, battered, fried	64	1 patty	8.960
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	8.921
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	8.904
19061	Snacks, trail mix, tropical	140	1 cup	8.820
13350	Beef, cured, dried	28.35	1 oz	8.817

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21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	8.767
18005	Bagels, cinnamon-raisin	89	4" bagel	8.722
07008	Bologna, beef and pork	56.7	2 slices	8.618
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	8.600
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	8.592
05286	Turkey and gravy, frozen	142	5-oz package	8.350
21024	Fast foods, french toast sticks	141	5 sticks	8.277
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	8.259
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	8.257
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	8.240
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	8.223
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	8.222
16112	Miso	68.75	1 cup	8.119
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	8.110
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	8.100
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	8.073
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	8.064
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	8.052
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	8.025
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	7.947
01102	Milk, chocolate, fluid, commercial,	250	1 cup	7.925
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	7.894
07069	Salami, cooked, beef and pork	56.7	2 slices	7.893
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	7.877
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	7.860
01077	Milk, whole, 3.25% milkfat	244	1 cup	7.857
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	7.792
21049	Entrees, pizza with cheese	63	1 slice	7.680
01040	Cheese, swiss	28.35	1 oz	7.635
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	7.619
20110	Noodles, egg, cooked, enriched	160	1 cup	7.600
22247	Macaroni and Cheese, canned entree	252	1 cup	7.560
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	7.533
01143	Egg substitute, liquid	62.75	1/4 cup	7.530
18003	Bagels, egg	71	3-1/2" bagel	7.526
01007	Cheese, camembert	38	1 wedge	7.524
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	7.514
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	7.465
20125	Spaghetti, whole-wheat, cooked	140	1 cup	7.462
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	7.455
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	7.455

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	7.360
01123	Egg, whole, raw, fresh	58	1 extra large	7.296
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	7.267
01035	Cheese, provolone	28.35	1 oz	7.252
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	7.070
01009	Cheese, cheddar	28.35	1 oz	7.059
19080	Candies, semisweet chocolate	168	1 cup	7.056
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	7.038
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	7.032
20034	Oat bran, cooked	219	1 cup	7.030
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	7.011
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	6.975
18327	Pie, pumpkin, prepared from recipe	155	1 piece	6.975
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	6.958
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	6.903
01132	Egg, whole, cooked, scrambled	61	1 large	6.765
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	6.713
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	6.713
11414	Potato salad, home-prepared	250	1 cup	6.700
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	6.678
20100	Macaroni, cooked, enriched	140	1 cup	6.678
01030	Cheese, muenster	28.35	1 oz	6.637
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	6.574
20089	Wild rice, cooked	164	1 cup	6.544
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	6.512
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	6.400
18031	Bread, indian (navajo) fry	90	5" bread	6.390
01123	Egg, whole, raw, fresh	50	1 large	6.290
01129	Egg, whole, cooked, hard-boiled	50	1 large	6.290
01026	Cheese, mozzarella, whole milk	28.35	1 oz	6.285
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	6.280
01128	Egg, whole, cooked, fried	46	1 large	6.270
01131	Egg, whole, cooked, poached	50	1 large	6.265
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	6.262
21088	Tostada with guacamole	130.5	1 tostada	6.238
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	6.186
18316	Pie, coconut custard, commercially prepared	104	1 piece	6.136
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	6.101
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	6.084
01004	Cheese, blue	28.35	1 oz	6.067
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	6.053
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	6.051

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12061	Nuts, almonds	28.35	1 oz (24 nuts)	6.027
11461	Spinach, canned, drained solids	214	1 cup	6.013
18325	Pie, pecan, prepared from recipe	122	1 piece	5.978
20029	Couscous, cooked	157	1 cup	5.950
18367	Waffles, plain, prepared from recipe	75	1 waffle	5.925
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	5.922
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	5.846
21015	Fast foods, danish pastry, cheese	91	1 pastry	5.833
07024	Frankfurter, chicken	45	1 frank	5.819
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	5.796
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	5.762
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	5.735
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	5.704
18245	Danish pastry, cheese	71	1 danish	5.680
20010	Buckwheat groats, roasted, cooked	168	1 cup	5.678
18353	Rolls, hard (includes kaiser)	57	1 roll	5.643
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	5.642
21033	Fast foods, sundae, hot fudge	158	1 sundae	5.641
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	5.635
20013	Bulgur, cooked	182	1 cup	5.606
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	5.600
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	5.588
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	5.555
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	5.544
01123	Egg, whole, raw, fresh	44	1 medium	5.535
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	5.494
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	5.480
18041	Bread, pita, white, enriched	60	6-1/2" pita	5.460
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	5.460
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial	241	1 cup	5.350
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	5.346
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	5.310
06174	Soup, stock, fish, home-prepared	233	1 cup	5.266
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	5.263
07064	Pork sausage, fresh, cooked	27	1 patty	5.246
19126	Candies, milk chocolate coated peanuts	40	10 pieces	5.240
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	5.232
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	5.231
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	5.216
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	5.205

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	5.197
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	5.194
07023	Frankfurter, beef and pork	45	1 frank	5.189
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	5.185
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	5.165
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	5.091
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	5.061
07022	Frankfurter, beef	45	1 frank	5.058
07064	Pork sausage, fresh, cooked	26	2 links	5.052
11674	Potato, baked, flesh and skin, without salt	202	1 potato	5.050
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	5.049
18309	Pie, cherry, prepared from recipe	180	1 piece	5.040
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	5.035
20037	Rice, brown, long-grain, cooked	195	1 cup	5.031
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	5.008
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	5.005
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	4.998
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.928
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	4.907
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	4.905
21129	Fast foods, hush puppies	78	5 pieces	4.875
08143	Cereals, WHEATENA, cooked with water	243	1 cup	4.860
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	4.831
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.826
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	4.794
08340	Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	46	2 biscuits	4.784
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	4.774
06206	Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve	241	1 cup	4.772
21017	Fast foods, danish pastry, fruit	94	1 pastry	4.756
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	4.751
11672	Potato pancakes, home-prepared	76	1 pancake	4.682
11370	Potatoes, hashed brown, home-prepared	156	1 cup	4.680
18239	Croissants, butter	57	1 croissant	4.674
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	4.658
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	4.652
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	4.631
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	4.608
18134	Cake, sponge, prepared from recipe	63	1 piece	4.599
07072	Salami, dry or hard, pork, beef	20	2 slices	4.572
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	4.560
12167	Nuts, chestnuts, european, roasted	143	1 cup	4.533

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	4.524
18324	Pie, pecan, commercially prepared	113	1 piece	4.520
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	4.517
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	4.484
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	4.454
09298	Raisins, seedless	145	1 cup	4.452
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	4.421
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	4.400
18147	Cheesecake commercially prepared	80	1 piece	4.400
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	4.400
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	4.389
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	4.382
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	4.368
18268	French toast, frozen, ready-to-heat	59	1 slice	4.366
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	4.366
09087	Dates, deglet noor	178	1 cup	4.361
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	4.355
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	4.340
18243	Croutons, seasoned	40	1 cup	4.320
18023	Bread, cornbread, dry mix, prepared	60	1 piece	4.320
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	4.318
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	4.284
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	4.266
18326	Pie, pumpkin, commercially prepared	109	1 piece	4.251
20045	Rice, white, long-grain, regular, cooked	158	1 cup	4.250
12120	Nuts, hazelnuts or filberts	28.35	1 oz	4.238
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	4.227
11581	Vegetables, mixed, canned, drained solids	163	1 cup	4.222
11512	Sweetpotato, canned, vacuum pack	255	1 cup	4.208
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	4.200
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	4.200
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	4.189
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	4.182
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	4.176
11547	Tomato products, canned, puree, without salt added	250	1 cup	4.125
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	4.116
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	4.106
18350	Rolls, hamburger or hotdog, plain	43	1 roll	4.085
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	4.078
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	4.060
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	4.049

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	4.032
01019	Cheese, feta	28.35	1 oz	4.029
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	4.025
16097	Peanut butter, chunk style, with salt	16	1 tbsp	4.011
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	4.009
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	4.008
18139	Cake, white, prepared from recipe without frosting	74	1 piece	3.996
16098	Peanut butter, smooth style, with salt	16	1 tbsp	3.995
18283	Muffins, oat bran	57	1 muffin	3.990
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	3.978
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	3.975
18306	Pie, blueberry, prepared from recipe	147	1 piece	3.969
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	3.965
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	3.893
12147	Nuts, pine nuts, pignolia, dried	28.35	1 oz	3.881
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	3.850
18319	Pie, fried pies, fruit	128	1 pie	3.840
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	3.840
18444	Pie, fried pies, cherry	128	1 pie	3.840
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.834
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	3.827
18027	Bread, egg	40	1/2" slice	3.800
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	3.785
20113	Noodles, chinese, chow mein	45	1 cup	3.771
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	3.759
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	3.750
18302	Pie, apple, prepared from recipe	155	1 piece	3.720
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	3.720
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	3.713
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	3.705
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	3.702
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	3.701
18280	Muffins, corn, dry mix, prepared	50	1 muffin	3.700
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	3.692
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	3.690
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	3.689
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	3.665
19078	Baking chocolate, unsweetened, squares	28.35	1 square	3.657
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	3.655
01124	Egg, white, raw, fresh	33.4	1 large	3.641
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	3.600

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07027	Ham, chopped, not canned	21	2 slices	3.595
07065	Pork and beef sausage, fresh, cooked	26	2 links	3.588
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	3.585
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	3.550
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	3.550
20006	Barley, pearled, cooked	157	1 cup	3.548
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	3.543
19088	Ice creams, vanilla, light	66	1/2 cup	3.531
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	3.526
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	3.504
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	3.440
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	3.438
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	3.436
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	3.436
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	3.430
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	3.399
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	3.385
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	3.366
18279	Muffins, corn, commercially prepared	57	1 muffin	3.363
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	3.300
14341	Pineapple and orange juice drink, canned	250	8 fl oz	3.250
11549	Tomato products, canned, sauce	245	1 cup	3.234
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	3.204
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	3.200
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	3.174
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	3.164
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	3.162
18274	Muffins, blueberry, commercially prepared	57	1 muffin	3.135
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	3.119
11363	Potatoes, baked, flesh, without salt	156	1 potato	3.058
19183	Puddings, chocolate, ready-to-eat	113	4 oz	3.051
18088	Cake, angelfood, dry mix, prepared	50	1 piece	3.050
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	3.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	3.000
11226	Jerusalem-artichokes, raw	150	1 cup	3.000
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	2.992
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	2.970
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	2.964
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	2.952
18310	Pie, chocolate creme, commercially prepared	113	1 piece	2.938
11508	Sweetpotato, cooked, baked in skin, without salt	146	1 potato	2.935
11264	Mushrooms, canned, drained solids	156	1 cup	2.917

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08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	2.900
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	2.898
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	2.892
18116	Cake, gingerbread, prepared from recipe	74	1 piece	2.886
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	2.880
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	2.880
19015	Snacks, granola bars, hard, plain	28.35	1 bar	2.863
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	2.856
11081	Beets, cooked, boiled, drained	170	1 cup	2.856
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	2.852
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	2.851
18217	Crackers, matzo, plain	28.35	1 matzo	2.835
01031	Cheese, neufchatel	28.35	1 oz	2.824
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	2.784
18044	Bread, pumpernickel	32	1 slice	2.784
18045	Bread, pumpernickel, toasted	29	1 slice	2.755
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	2.745
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	2.725
18060	Bread, rye	32	1 slice	2.720
18075	Bread, whole-wheat, commercially prepared	28	1 slice	2.716
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	2.712
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	2.700
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	2.698
11424	Pumpkin, canned, without salt	245	1 cup	2.695
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	2.692
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	2.688
18151	Cookies, brownies, commercially prepared	56	1 brownie	2.688
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	2.681
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	2.678
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	2.668
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	2.652
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	2.652
11399	Potato puffs, frozen, prepared	79	10 puffs	2.647
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	2.640
01125	Egg, yolk, raw, fresh	16.6	1 large	2.633
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	2.624
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	2.616
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	2.600
12142	Nuts, pecans	28.35	1 oz (20 halves)	2.600
19201	Puddings, vanilla, ready-to-eat	113	4 oz	2.599
19089	Ice creams, vanilla, rich	74	1/2 cup	2.590
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	2.580

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	2.556
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	2.556
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	2.550
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	2.550
18041	Bread, pita, white, enriched	28	4" pita	2.548
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	2.543
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	2.517
11647	Sweetpotato, canned, syrup pack, drained solids	196	1 cup	2.509
19270	Ice creams, chocolate	66	1/2 cup	2.508
11364	Potatoes, baked, skin, without salt	58	1 skin	2.488
11090	Broccoli, raw	88	1 cup	2.482
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	2.471
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	2.470
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	2.466
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	2.444
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	2.432
18220	Crackers, melba toast, plain	20	4 pieces	2.420
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	2.420
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	2.419
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	2.400
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	2.381
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	2.363
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	2.363
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	2.352
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	2.350
18308	Pie, cherry, commercially prepared	117	1 piece	2.340
09277	Plantains, raw	179	1 medium	2.327
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	2.321
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2.318
19071	Candies, carob	28.35	1 oz	2.311
19095	Ice creams, vanilla	66	1/2 cup	2.310
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	2.310
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	2.309
18040	Bread, oatmeal, toasted	25	1 slice	2.300
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	2.296
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	2.282
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	2.277
18064	Bread, wheat (includes wheat berry)	25	1 slice	2.275
18039	Bread, oatmeal	27	1 slice	2.268
19193	Puddings, rice, ready-to-eat	113.4	4 oz	2.268
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	2.262
19218	Puddings, tapioca, ready-to-eat	113	4 oz	2.260
18061	Bread, rye, toasted	24	1 slice	2.256

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11028	Bamboo shoots, canned, drained solids	131	1 cup	2.253
01186	Cheese, cream, fat free	15.6	1 tbsp	2.248
11655	Carrot juice, canned	236	1 cup	2.242
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	2.240
01094	Milk, buttermilk, dried	6.5	1 tbsp	2.230
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	2.223
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	2.211
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	2.208
18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.208
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	2.206
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	2.201
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	2.200
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	2.196
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	2.193
06116	Gravy, beef, canned	58.25	1/4 cup	2.184
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	2.183
11260	Mushrooms, raw	70	1 cup	2.177
18025	Bread, cracked-wheat	25	1 slice	2.175
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	2.155
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	2.155
11439	Sauerkraut, canned, solids and liquids	236	1 cup	2.148
11510	Sweetpotato, cooked, boiled, without skin	156	1 potato	2.137
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	2.119
18305	Pie, blueberry, commercially prepared	117	1 piece	2.106
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	2.100
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	2.100
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	2.100
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	2.097
18053	Bread, reduced-calorie, rye	23	1 slice	2.093
18055	Bread, reduced-calorie, wheat	23	1 slice	2.093
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	2.072
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	2.070
18048	Bread, raisin, toasted, enriched	24	1 slice	2.064
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	2.059
18047	Bread, raisin, enriched	26	1 slice	2.054
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	2.050
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	2.046
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	2.046
19422	Snacks, potato chips, reduced fat	28.35	1 oz	2.013
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	2.012
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	2.012
09042	Blackberries, raw	144	1 cup	2.002
18057	Bread, reduced-calorie, white	23	1 slice	2.001

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Protein (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09209	Orange juice, chilled, includes from concentrate	249	1 cup	1.992
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.985
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.985
19056	Snacks, tortilla chips, plain	28.35	1 oz	1.985
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	1.985
18070	Bread, white, commercially prepared, toasted	22	1 slice	1.980
11135	Cauliflower, raw	100	1 cup	1.980
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	1.976
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	1.972
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	1.960
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	1.959
11205	Cucumber, with peel, raw	301	1 large	1.957
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	1.944
01032	Cheese, parmesan, grated	5	1 tbsp	1.923
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	1.920
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	1.910
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	1.904
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	1.894
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	1.879
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	1.872
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.871
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	1.871
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	1.870
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	1.860
09226	Papayas, raw	304	1 papaya	1.854
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	1.849
21139	Fast foods, potato, mashed	80	1/3 cup	1.848
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	1.848
11540	Tomato juice, canned, with salt added	243	1 cup	1.847
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	1.830
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	1.825
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	1.815
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	1.809
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	1.800
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	1.800
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	1.800
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	1.800
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.792
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	1.785
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	1.770
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	1.764
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	1.764

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18033	Bread, italian	20	1 slice	1.760
09306	Raspberries, frozen, red, sweetened	250	1 cup	1.750
09326	Watermelon, raw	286	1 wedge	1.745
09206	Orange juice, raw	248	1 cup	1.736
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	1.728
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.700
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.695
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	1.693
09200	Oranges, raw, all commercial varieties	180	1 cup	1.692
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	1.673
14194	Cocoa mix, powder, prepared with water	206	1 serving	1.669
14192	Cocoa mix, powder	28.35	3 heaping tsp	1.667
18086	Cake, angelfood, commercially prepared	28	1 piece	1.652
11206	Cucumber, peeled, raw	280	1 large	1.652
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1.647
07083	Sausage, Vienna, canned, beef and pork	16	1 sausage	1.646
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	1.642
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	1.638
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	1.638
09040	Bananas, raw	150	1 cup	1.635
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	1.628
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsps	1.626
18133	Cake, sponge, commercially prepared	30	1 shortcake	1.620
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.620
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.588
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	1.585
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	1.584
09250	Peaches, frozen, sliced, sweetened	250	1 cup	1.575
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	1.562
09294	Prune juice, canned	256	1 cup	1.562
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	1.553
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	1.553
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.550
06125	Gravy, turkey, canned	59.6	1/4 cup	1.550
11159	Coleslaw, home-prepared	120	1 cup	1.548
11084	Beets, canned, drained solids	170	1 cup	1.547
09236	Peaches, raw	170	1 cup	1.547
11015	Asparagus, canned, drained solids	72	4 spears	1.541
18120	Cake, pound, commercially prepared, butter	28	1 piece	1.540
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	1.537
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1.532
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	1.530
11578	Vegetable juice cocktail, canned	242	1 cup	1.525

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	1.512
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	1.500
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	1.500
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	1.500
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	1.500
12104	Nuts, coconut meat, raw	45	1 piece	1.499
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	1.482
09302	Raspberries, raw	123	1 cup	1.476
11821	Peppers, sweet, red, raw	149	1 cup	1.475
11282	Onions, raw	160	1 cup	1.472
09207	Orange juice, canned, unsweetened	249	1 cup	1.469
21127	Fast foods, coleslaw	99	3/4 cup	1.455
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	1.450
09191	Nectarines, raw	136	1 nectarine	1.442
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	1.440
11012	Asparagus, cooked, boiled, drained	60	4 spears	1.440
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.428
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	1.422
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	1.417
18235	Crackers, whole-wheat	16	4 crackers	1.408
09246	Peaches, dried, sulfured, uncooked	39	3 halves	1.408
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	1.404
11114	Cabbage, savoy, raw	70	1 cup	1.400
09340	Pears, asian, raw	275	1 pear	1.375
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	1.367
11641	Squash, summer, all varieties, raw	113	1 cup	1.367
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	1.359
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	1.352
09181	Melons, cantaloupe, raw	160	1 cup	1.344
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.338
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.318
11001	Alfalfa seeds, sprouted, raw	33	1 cup	1.317
09040	Bananas, raw	118	1 banana	1.286
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	1.285
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	1.284
11333	Peppers, sweet, green, raw	149	1 cup	1.281
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	1.278
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	1.274
09094	Figs, dried, uncooked	38	2 figs	1.254
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	1.251
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	1.251
18110	Cake, fruitcake, commercially prepared	43	1 piece	1.247
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	1.245

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09223	Tangerine juice, canned, sweetened	249	1 cup	1.245
09404	Grapefruit juice, pink, raw	247	1 cup	1.235
09128	Grapefruit juice, white, raw	247	1 cup	1.235
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	1.232
09200	Oranges, raw, all commercial varieties	131	1 orange	1.231
09278	Plantains, cooked	154	1 cup	1.217
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	1.200
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	1.200
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	1.200
09032	Apricots, dried, sulfured, uncooked	35	10 halves	1.187
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	1.186
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	1.179
11821	Peppers, sweet, red, raw	119	1 pepper	1.178
12147	Nuts, pine nuts, pignolia, dried	8.6	1 tbsp	1.177
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	1.175
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	1.157
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	1.152
07073	Sandwich spread, pork, beef	15	1 tbsp	1.149
06119	Gravy, chicken, canned	59.5	1/4 cup	1.148
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1.147
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	1.134
09316	Strawberries, raw	166	1 cup	1.112
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	1.108
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	1.107
16158	Hummus, commercial	14	1 tbsp	1.106
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	1.104
01017	Cheese, cream	14.5	1 tbsp	1.095
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	1.090
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	1.082
09050	Blueberries, raw	145	1 cup	1.073
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	1.067
14003	Alcoholic beverage, beer, regular	355	12 fl oz	1.065
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1.058
18226	Crackers, rye, wafers, plain	11	1 wafer	1.056
09176	Mangos, raw	207	1 mango	1.056
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.054
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	1.046
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	1.029
11333	Peppers, sweet, green, raw	119	1 pepper	1.023
11124	Carrots, raw	110	1 cup	1.023
19040	Snacks, popcorn, cheese-flavor	11	1 cup	1.023
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1.023

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Protein (g) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	1.020
09087	Dates, deglet noor	41.5	5 dates	1.017
11282	Onions, raw	110	1 whole	1.012
18214	Crackers, cheese, regular	10	10 crackers	1.010
11109	Cabbage, raw	70	1 cup	1.008
11112	Cabbage, red, raw	70	1 cup	1.001
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.994
19035	Snacks, popcorn, oil-popped	11	1 cup	0.990
09153	Lemon juice, canned or bottled	244	1 cup	0.976
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.975
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.971
19036	Snacks, popcorn, cakes	10	1 cake	0.970
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.967
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.966
19034	Snacks, popcorn, air-popped	8	1 cup	0.960
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.958
18360	Taco shells, baked	13.3	1 medium	0.958
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.947
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.936
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.934
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.929
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.929
09326	Watermelon, raw	152	1 cup	0.927
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.924
09055	Blueberries, frozen, sweetened	230	1 cup	0.920
09184	Melons, honeydew, raw	170	1 cup	0.918
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.916
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.916
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.915
11659	Sweetpotato, cooked, candied, home-prepared	105	1 piece	0.914
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.912
19116	Candies, marshmallows	50	1 cup	0.900
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.900
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.900
11670	Peppers, hot chili, green, raw	45	1 pepper	0.900
09236	Peaches, raw	98	1 peach	0.892
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.889
18229	Crackers, standard snack-type, regular	12	4 crackers	0.888
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.882
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.881
11090	Broccoli, raw	31	1 spear	0.874
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.874
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.869

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09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.866
09184	Melons, honeydew, raw	160	1/8 melon	0.864
11457	Spinach, raw	30	1 cup	0.858
09226	Papayas, raw	140	1 cup	0.854
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.847
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.843
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.842
11819	Peppers, hot chili, red, raw	45	1 pepper	0.842
09176	Mangos, raw	165	1 cup	0.842
11081	Beets, cooked, boiled, drained	50	1 beet	0.840
18177	Cookies, molasses	15	1 cookie, medium	0.840
09266	Pineapple, raw, all varieties	155	1 cup	0.837
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.836
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.832
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.832
11961	Hearts of palm, canned	33	1 piece	0.832
11143	Celery, raw	120	1 cup	0.828
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.827
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.826
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.822
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.814
19097	Sherbet, orange	74	1/2 cup	0.814
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.810
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.800
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.800
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.765
11253	Lettuce, green leaf, raw	56	1 cup	0.762
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.751
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.748
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.738
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.734
09070	Cherries, sweet, raw	68	10 cherries	0.721
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.713
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.708
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.705
11206	Cucumber, peeled, raw	119	1 cup	0.702
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.700
11251	Lettuce, cos or romaine, raw	56	1 cup	0.689
18232	Crackers, wheat, regular	8	4 crackers	0.688
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.686
11205	Cucumber, with peel, raw	104	1 cup	0.676
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.675
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.672

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11124	Carrots, raw	72	1 carrot	0.670
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.651
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.649
09150	Lemons, raw, without peel	58	1 lemon	0.638
09039	Avocados, raw, Florida	28.35	1 oz	0.632
09252	Pears, raw	166	1 pear	0.631
11213	Endive, raw	50	1 cup	0.625
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.617
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.615
09340	Pears, asian, raw	122	1 pear	0.610
09206	Orange juice, raw	86	juice from 1 orange	0.602
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.592
18170	Cookies, fig bars	16	1 cookie	0.592
09060	Carambola, (starfruit), raw	108	1 cup	0.583
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.580
09181	Melons, cantaloupe, raw	69	1/8 melon	0.580
09038	Avocados, raw, California	28.35	1 oz	0.556
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.540
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.534
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.532
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.530
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.529
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.500
09060	Carambola, (starfruit), raw	91	1 fruit	0.491
09021	Apricots, raw	35	1 apricot	0.490
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.488
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.475
02020	Spices, garlic powder	2.8	1 tsp	0.470
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.470
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.465
19074	Candies, caramels	10.1	1 piece	0.465
09279	Plums, raw	66	1 plum	0.462
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.459
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.450
19104	Candies, fudge, vanilla with nuts for 19104	15	1 piece	0.450
11284	Onions, dehydrated flakes	5	1 tbsp	0.448
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.446
01049	Cream, fluid, half and half	15	1 tbsp	0.444
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.441
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.441
09298	Raisins, seedless	14	1 packet	0.430
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.418
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.417

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09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.415
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.410
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.406
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.406
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.405
11937	Pickles, cucumber, dill	65	1 pickle	0.403
14181	Chocolate syrup	18.75	1 tbsp	0.394
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.390
01056	Cream, sour, cultured	12	1 tbsp	0.379
16055	Carob flour	8	1 tbsp	0.370
02007	Spices, celery seed	2	1 tsp	0.361
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.360
09003	Apples, raw, with skin	138	1 apple	0.359
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.355
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.355
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.345
11740	Broccoli, flower clusters, raw	11	1 floweret	0.328
11954	Tomatillos, raw	34	1 medium	0.326
01052	Cream, fluid, light whipping	15	1 tbsp	0.326
02009	Spices, chili powder	2.6	1 tsp	0.319
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.311
02028	Spices, paprika	2.1	1 tsp	0.310
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.308
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.305
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.303
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.298
11297	Parsley, raw	10	10 sprigs	0.297
09004	Apples, raw, without skin	110	1 cup	0.297
02029	Spices, parsley, dried	1.3	1 tbsp	0.291
20068	Tapioca, pearl, dry	152	1 cup	0.289
11457	Spinach, raw	10	1 leaf	0.286
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.284
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.284
11955	Tomatoes, sun-dried	2	1 piece	0.282
11143	Celery, raw	40	1 stalk	0.276
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.275
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.274
11935	Catsup	15	1 tbsp	0.272
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.258
11135	Cauliflower, raw	13	1 floweret	0.257
02015	Spices, curry powder	2	1 tsp	0.253
11677	Shallots, raw	10	1 tbsp	0.250
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.249

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04015	Salad dressing, russian dressing	15.3	1 tbsp	0.245
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.239
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.235
02030	Spices, pepper, black	2.1	1 tsp	0.230
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.223
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.219
11084	Beets, canned, drained solids	24	1 beet	0.218
02026	Spices, onion powder	2.1	1 tsp	0.213
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.206
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.206
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.206
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.203
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.200
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.198
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.197
11215	Garlic, raw	3	1 clove	0.191
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.185
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.185
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.179
09152	Lemon juice, raw	47	juice of 1 lemon	0.179
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.176
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.172
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.170
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.168
11445	Seaweed, kelp, raw	10	2 tbsp	0.168
09160	Lime juice, raw	38	juice of 1 lime	0.167
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.166
02027	Spices, oregano, dried	1.5	1 tsp	0.165
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.152
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.152
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.152
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.150
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.150
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.149
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.144
11253	Lettuce, green leaf, raw	10	1 leaf	0.136
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.133
11943	Pimento, canned	12	1 tbsp	0.132
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.130
11282	Onions, raw	14	1 slice	0.129
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.127
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.125
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.123

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01145	Butter, without salt	14.2	1 tbsp	0.121
01001	Butter, salted	14.2	1 tbsp	0.121
09316	Strawberries, raw	18	1 strawberry	0.121
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.120
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.114
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.114
11935	Catsup	6	1 packet	0.109
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.103
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.101
11156	Chives, raw	3	1 tbsp	0.098
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.096
01069	Cream substitute, powdered	2	1 tsp	0.096
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.095
02010	Spices, cinnamon, ground	2.3	1 tsp	0.089
11333	Peppers, sweet, green, raw	10	1 ring	0.086
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.086
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.082
09316	Strawberries, raw	12	1 strawberry	0.080
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.074
19297	Jams and preserves	20	1 tbsp	0.074
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.071
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.071
19294	Fruit butters, apple	17	1 tbsp	0.066
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.065
11960	Carrots, baby, raw	10	1 medium	0.064
19296	Honey	21	1 tbsp	0.063
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.061
02055	Horseradish, prepared	5	1 tsp	0.059
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.056
11945	Pickle relish, sweet	15	1 tbsp	0.056
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.052
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.050
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.047
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.047
01072	Dessert topping, pressurized	4	1 tbsp	0.039
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.039
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.036
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.035
02045	Dill weed, fresh	1	5 sprigs	0.035
11429	Radishes, raw	4.5	1 radish	0.031
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.029
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.029
19300	Jellies	19	1 tbsp	0.029
14277	Grape drink, canned	250	8 fl oz	0.025

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04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.024
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.024
19014	Snacks, fruit leather, rolls	21	1 large	0.021
20027	Cornstarch	8.064	1 tbsp	0.021
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.020
04133	Salad dressing, french, home recipe	14	1 tbsp	0.014
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.006
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.005
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.005
02050	Vanilla extract	4.2	1 tsp	0.003
19305	Molasses, blackstrap	20	1 tbsp	0.000
14429	Water, municipal	237	8 fl oz	0.000
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
19353	Syrups, maple	20	1 tbsp	0.000
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
02047	Salt, table	6	1 tsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
04002	Lard	12.8	1 tbsp	0.000
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.000

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18372	Leavening agents, baking soda	4.6	1 tsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.000
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.000
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.000
04506	Oil, vegetable, sunflower, linoleic, (60% and over)	13.6	1 tbsp	0.000
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.000
04518	Oil, vegetable corn, salad or cooking	13.6	1 tbsp	0.000
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.000
04582	Vegetable oil, canola	14	1 tbsp	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.000
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.000