



Protein Content of Different Foods



Name of Food	Protein Content / 100 grams (g)
White bread	9 g
Pork belly	9 g
Greek yogurt	10 g
Beef sausage	12 g
Hard-boiled egg (each ~50-70 g)	12.6 g
Rolled oats	14 g
Squid	18 g
Chicken feet	19 g
Duck breast	19 g
Shrimp	20 g
Beef brisket	21 g
Almonds	21 g
Meatballs	21 g

Name of Food	Protein Content / 100 grams (g)
Scallops	21 g
Chicken thighs	24 g
Chicken drumsticks	24 g
Pork chop	24 g
Cheddar cheese	25 g
Peanut butter	25 g
Salmon	25 g
Ground beef	26 g
Tuna	28 g
Goose	29 g
Chicken breast	32 g
Soybeans	36 g
Bacon	37 g



DISCLAIMER: The protein content table is provided for reference only. While we strive for accuracy, we do not assume responsibility for any discrepancies. If you have doubts, please consult a healthcare professional for advice.