

Which nuts contain the most protein?

Nuts are a healthy source of vitamins and minerals. Here are the nuts that contain the most protein.

Nuts are a healthy source of vitamins and minerals. Here are **the nuts that contain the most protein** .



Plant proteins, including seeds, are great sources of dietary fiber because they contain both protein and fiber. These two nutrients promote blood sugar control, regulate appetite, and increase feelings of fullness. They are also low in saturated fat and feed the beneficial bacteria in your gut microbiome.

In addition to being high in protein, nuts are often rich in a variety of vitamins and minerals. Many nuts also contain the plant compound lignan, which research shows may reduce the risk of heart disease, breast cancer, menopausal symptoms, and osteoporosis. They are also a source of phytosterols, which have been shown to lower cholesterol, fight inflammation, and boost the immune system. If that weren't enough, nuts are also high in antioxidants & rich in omega-3 fatty acids, both of which have anti-inflammatory properties.

The Most Protein-Rich Nuts

Hemp seeds

Hemp seeds have a mild, nutty flavor and come from the *Cannabis sativa* plant. Hemp seeds contain minimal amounts of THC, so they won't get you high or addicted, but they will provide you with a good amount of protein.

According to the United States Department of Agriculture (USDA), three tablespoons of hemp seeds have about 9.5 grams of protein and 166 calories. They are a complete protein, meaning they contain all nine essential

amino acids that your body cannot make on its own.

Research shows that hemp seeds are also rich in polyunsaturated fatty acids, including omega-3s, omega-6s, and vitamins E, D, and A, which provide antibacterial, antioxidant, and anti-inflammatory benefits.

Pumpkin seeds

Also known as pepitas, pumpkin seeds have 8.6 grams of protein and 158 calories per ounce, according to the USDA. They're a good source of magnesium (which can help control blood pressure) & zinc (which can support your immune system). Some studies suggest that the plant compounds in the seeds even have anti-diabetic & anti-cancer properties.



Sunflower seeds

These little seeds pack an impressive amount of protein: 5.5 grams per ounce (165 calories), according to the USDA. They're also rich in vitamin E, B vitamins, and minerals like copper. Sunflower seeds also contain magnesium and pantothenic acid, which have been shown to reduce the likelihood of muscle cramps.

Chia seeds

Like hemp seeds, chia seeds contain all nine essential amino acids. Each ounce of chia seeds has 4.7 grams of protein and nearly 10 grams of fiber for 138 calories. According to Harvard Medical School, these tiny black

seeds have been a part of the Central American diet for centuries.



Flaxseed

According to the USDA, just two tablespoons of ground flaxseeds will give you nearly 3 grams of protein. Flaxseeds contain omega-3 fatty acids and are full of antioxidants. They're also high in fiber, about 4 grams in two tablespoons, which helps relieve constipation, increase satiety, and maintain healthy cholesterol.

Sesame seeds

You may know them best as little seeds sprinkled on hamburger buns or ground into a paste to make tahini, but sesame seeds are much more versatile. Try sprinkling them on stir-fries or avocado toast, or using them as a coating for chicken or fish before grilling. According to the USDA, one tablespoon contains about 1.6 grams of protein and 52 calories.

Sesame seeds also contain several vitamins and minerals, including selenium, which research suggests may reduce the risk of chronic diseases. According to a comprehensive review of research, the nutrients in sesame seeds have antioxidant, cholesterol-lowering, lipid-regulating, anti-inflammatory, and anti-tumor effects. Additionally, sesame seeds may protect the liver, kidneys, and cardiovascular system.

How many nuts should you eat?

Nuts can be part of a balanced diet and help achieve recommended amounts of healthy fats, fiber, protein, and micronutrients like iron, zinc, and calcium. Unless you have a food allergy or sensitivity, most people can eat nuts every day. The recommended amount of nuts is 1 to 2 tablespoons per day to get the most benefit from protein, healthy fats, and fiber.

Eating too many nuts—more than five or six tablespoons a day—can cause gas, bloating, or constipation. If you already have a sensitivity or bowel problem, be careful about how much you eat. Nuts are also high in calories, which can contribute to weight gain if you eat too many.

How to add nuts to your diet

Because the seeds are so small, they can be easily added to many dishes. You can sprinkle them on avocado toast, use ground flaxseed as an egg substitute when baking, or blend chia seeds into smoothies. Stir chia or flaxseed into overnight oats, sprinkle hemp seeds on yogurt or smoothies, or sprinkle other seeds on salads.

You finished reading the article "**Which nuts contain the most protein?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.