

PROTEIN CONTENT CHART

Nutritional value per 100g / 3.5oz serving

Pumpkin Seeds (Pepitas)	SEED	30.2g
Hemp Seeds	SEED	31.6g
Peanuts	LEGUME	25.8g
Almonds	NUT	21.2g
Sunflower Seeds	SEED	20.8g
Flaxseeds	SEED	18.3g
Cashews	NUT	18.2g
Chia Seeds	SEED	16.5g
Walnuts	NUT	15.2g

Hazelnuts	NUT	15.0g
Pine Nuts	SEED	13.7g
Pecans	NUT	9.2g
Macadamia Nuts	NUT	7.9g

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