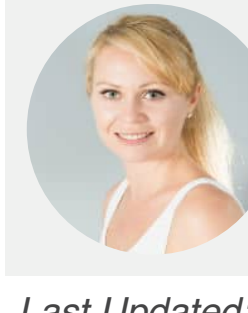


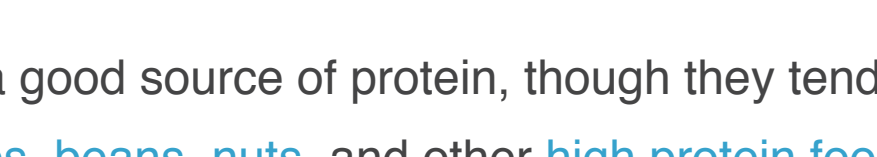
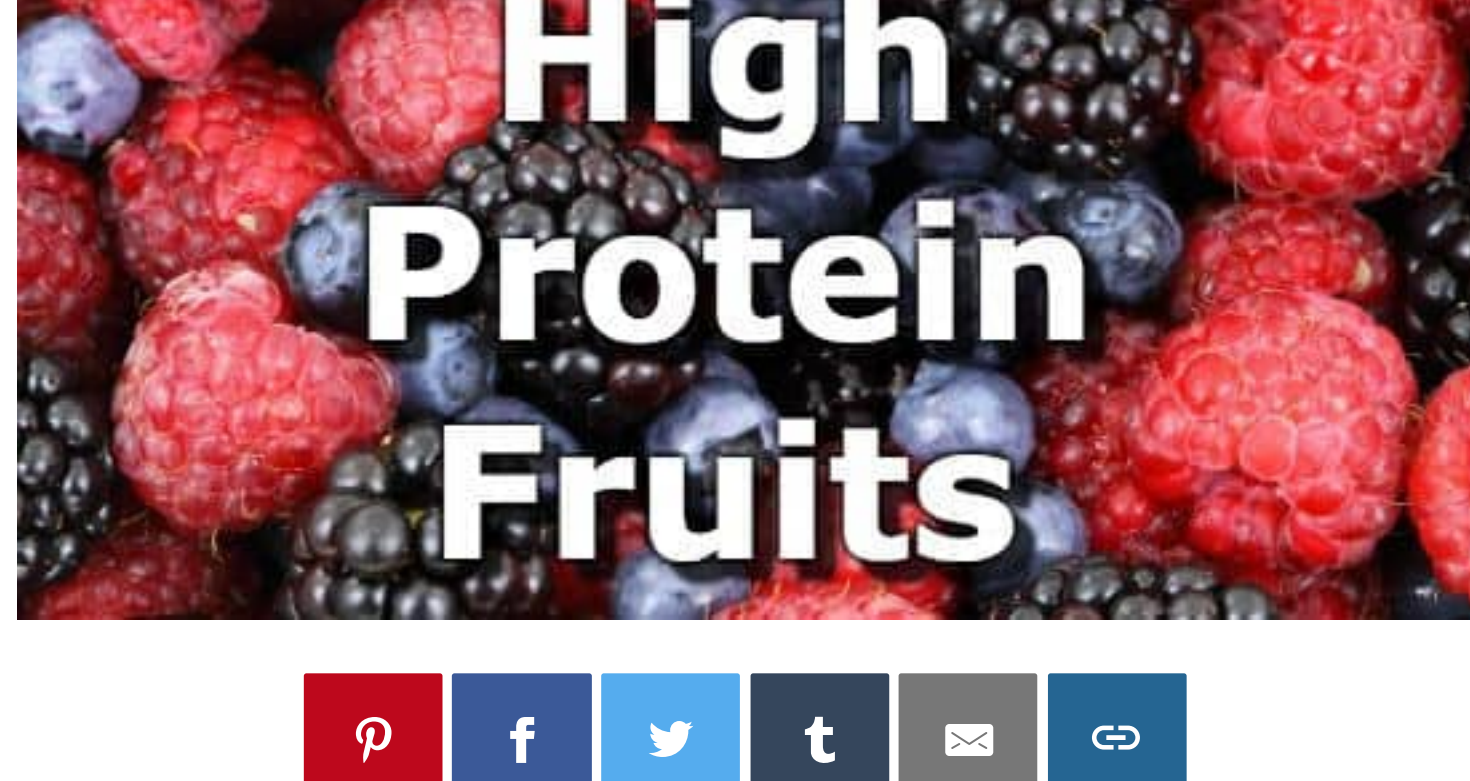


Top 10 Fruits Highest in Protein



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BSc (Hons) MSc, DiplON
Powered by [USDA Nutrition Data](#)

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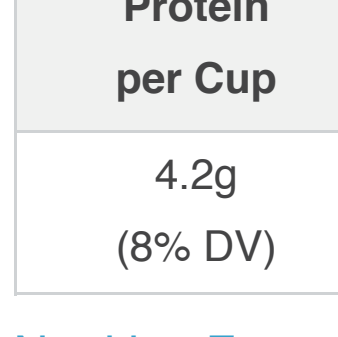
Fruits can be a good source of protein, though they tend to provide less than [vegetables](#), [beans](#), [nuts](#), and other [high protein foods](#).

The current daily value (%DV) for protein is 50 grams per day and is meant as a general goal for most people. 1 cup of fruit can provide between 1-10% of the DV for protein. High protein fruits include guavas, avocados, apricots, kiwifruit, blackberries, oranges, bananas, cantaloupe, raspberries, and peaches.

The list below is sorted by serving per cup, since a cup is easier to compare. For more fruits high in protein see the extended list of [less common protein-rich fruits](#), and [dried fruit high in protein](#).

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High Protein Fruits List

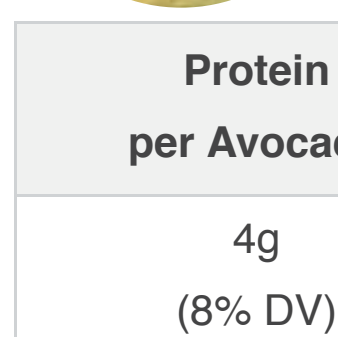


#1: Guavas

Protein per Cup	Protein per 100g	Protein per 200 Calories
4.2g (8% DV)	2.6g (5% DV)	7.5g (15% DV)

[Nutrition Facts for Guavas.](#) (Source)

An average guava provides 3% of the DV for protein.

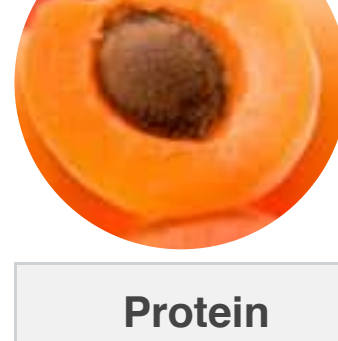


#2: Avocados

Protein per Avocado	Protein per 100g	Protein per 200 Calories
4g (8% DV)	2g (4% DV)	2.5g (5% DV)

[Nutrition Facts for Avocados.](#) (Source)

An average avocado provides 8% of the DV for protein.

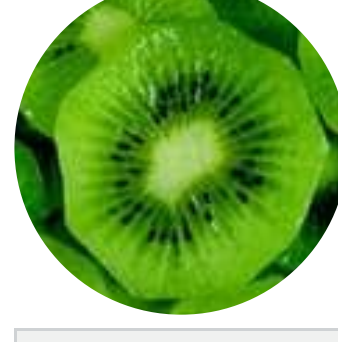


#3: Apricots

Protein per Cup	Protein per 100g	Protein per 200 Calories
2.2g (4% DV)	1.4g (3% DV)	5.8g (12% DV)

[Nutrition Facts for Apricots.](#) (Source)

An average apricot provides 1% of the DV for protein.



#4: Kiwifruit

Protein per Cup	Protein per 100g	Protein per 200 Calories
2.1g (4% DV)	1.1g (2% DV)	3.7g (7% DV)

[Nutrition Facts for Kiwifruit.](#) (Source)

An average kiwifruit provides 2% of the DV for protein.



#5: Blackberries

Protein per Cup	Protein per 100g	Protein per 200 Calories
2g (4% DV)	1.4g (3% DV)	6.5g (13% DV)

[Nutrition Facts for Blackberries.](#) (Source)



#6: Oranges

Protein per Cup	Protein per 100g	Protein per 200 Calories
1.7g (3% DV)	0.9g (2% DV)	4g (8% DV)

[Nutrition Facts for Oranges.](#) (Source)

An average orange provides 2% of the DV for protein.

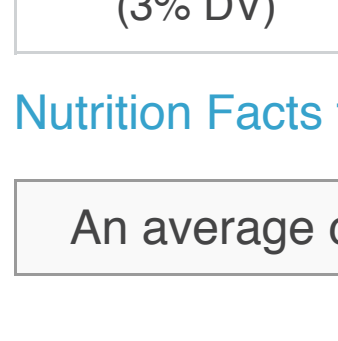


#7: Cantaloupe

Protein per Cup	Protein per 100g	Protein per 200 Calories
1.5g (3% DV)	0.8g (2% DV)	4.9g (10% DV)

[Nutrition Facts for Cantaloupe Melons.](#) (Source)

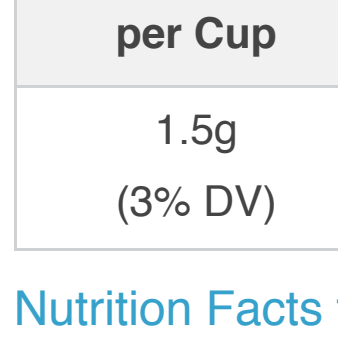
An average cantaloupe provides 9% of the DV for protein.



#8: Raspberries

Protein per Cup	Protein per 100g	Protein per 200 Calories
1.5g (3% DV)	1.2g (2% DV)	4.6g (9% DV)

[Nutrition Facts for Raspberries.](#) (Source)

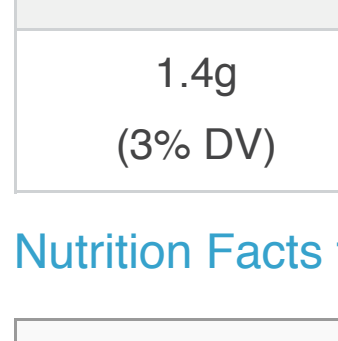


#9: Peaches

Protein per Cup	Protein per 100g	Protein per 200 Calories
1.4g (3% DV)	0.9g (2% DV)	4.7g (9% DV)

[Nutrition Facts for Yellow Peaches.](#) (Source)

An average peach provides 3% of the DV for protein.



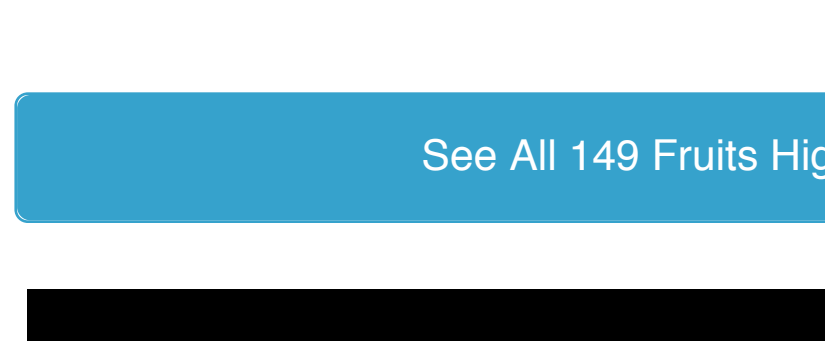
#10: Bananas

Protein per Cup Sliced	Protein per 100g	Protein per 200 Calories
1.6g (3% DV)	1.1g (2% DV)	2.4g (5% DV)

[Nutrition Facts for Bananas.](#) (Source)

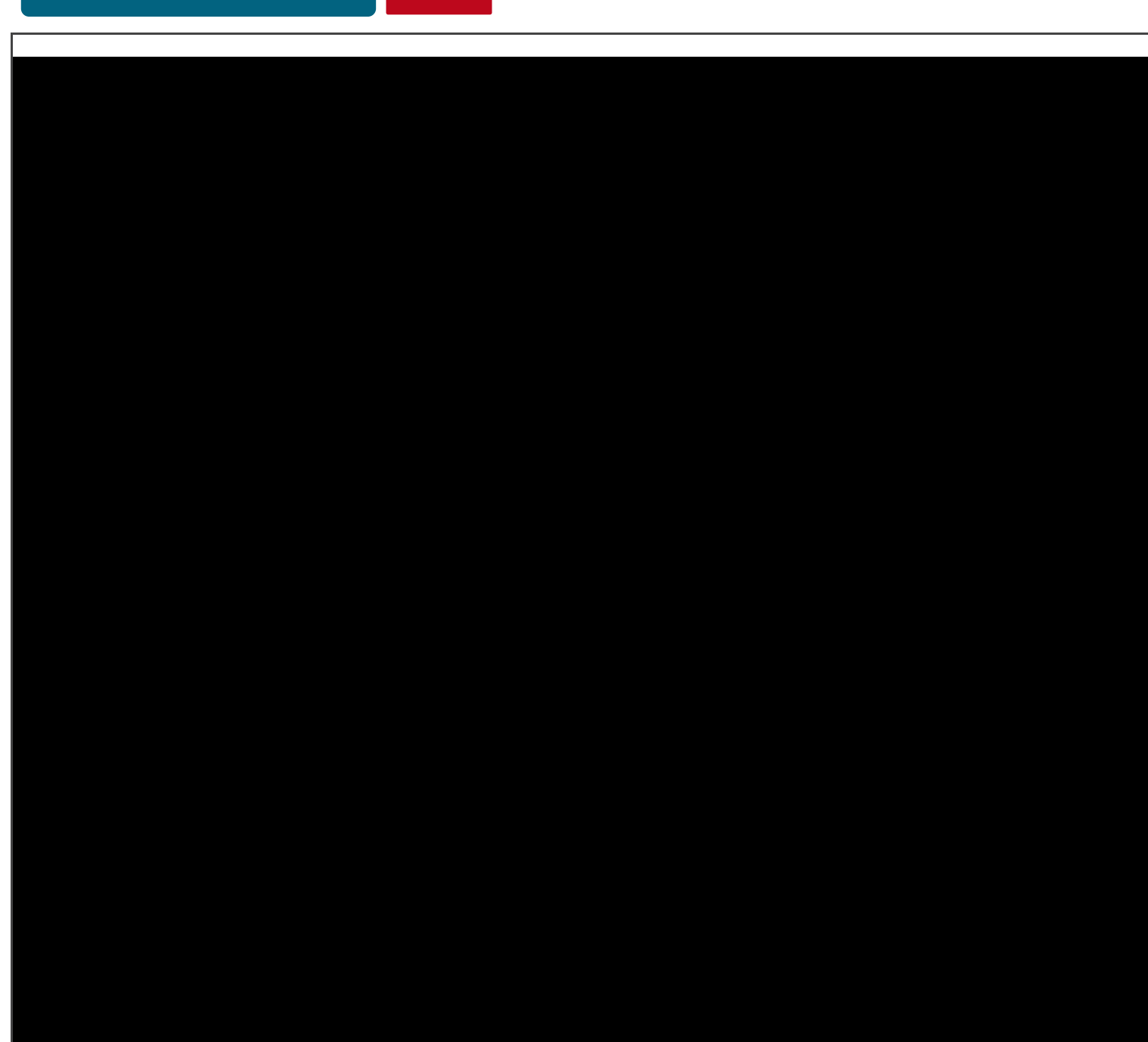
An average banana provides 3% of the DV for protein.

[See All 149 Fruits High in Protein](#)



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Less Common Protein Rich Fruits

Food	Serving	Protein
#1 Passion-Fruit (Granadilla) (Source)	per cup	10% DV (5.2g)
#2 Horned Melon (Kiwano) (Source)	1 cup	8% DV (4.1g)
#3 Durian (Source)	per cup chopped	7% DV (3.6g)
#4 Jackfruit (Source)	1 cup	6% DV (2.8g)
#5 Groundcherries (Source)	1 cup	5% DV (2.7g)
#6 Mamey Sapote (Source)	1 cup chopped	5% DV (2.5g)
#7 Mulberries (Source)	per cup	4% DV (2g)
#8 Cherries (Source)	per cup	3% DV (1.6g)
#9 Black Currants (Source)	1 cup	3% DV (1.6g)
#10 Nectarines (Source)	per cup	3% DV (1.5g)

Dried Fruit High in Protein

Food	Serving	Protein
#1 Raisins (Source)	per oz	2% DV (0.9g)
#2 Zante Currants (Source)	1 cup	10% DV (4.9g)
#3 Dried Figs (Source)	1 cup	10% DV (4.9g)
#4 Dried Apricots (Source)	per cup	2% DV (1g)
#5 Prunes (Source)	per 3 prunes	1% DV (0.7g)
#6 Dates (Deglet Noor) (Source)	per 3 dates	1% DV (0.5g)
#7 Dried Pears (Source)	1 cup	7% DV (3.4g)

From the Nutrient Ranking Tool

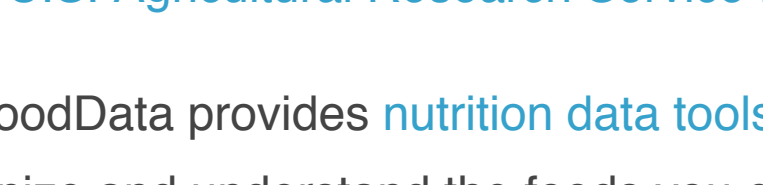
- [Foods High in Protein](#)
- [Foods Low in Protein](#)
- [Vegetables High in Protein](#)
- [Fruits High in Protein](#)
- [Vegetarian Foods High in Protein](#)
- [Nuts High in Protein](#)
- [Grains High in Protein](#)
- [Beans High in Protein](#)
- [Dairy High in Protein](#)
- [Breakfast Cereals High in Protein](#)
- [Fast Foods High in Protein](#)

View more food groups with the [nutrient ranking tool](#), or see ratios with the [nutrient ratio tool](#).

Related

- [Vegetables Highest in Protein](#)
- [Vegan Foods High in Protein](#)
- [Vegetarian Sources of Protein](#)
- [Beans and Legumes with the Most Protein](#)
- [High Protein Grains](#)
- [Nuts High in Protein](#)
- [Vegetarian sources of Vitamin B12](#)
- [200 Cereals High in Protein](#)

Was this webpage helpful?



Data Sources and References

- U.S. [Agricultural Research Service Food Data Central](#)

MyFoodData provides [nutrition data tools](#) and [articles](#) to help you organize and understand the foods you eat. [Read more...](#)