

# TOP 3 NUTS

with the highest protein



## PEANUTS

1 gram of peanuts offers 7 grams of protein

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## ALMONDS

1 gram of almonds offers 6 grams of protein

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## PISTACHIOS

1 gram of pistachios offers 6 grams of protein

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## WANT TO LEARN MORE?

[Click](#) to learn more about the benefits of nuts.