

| Season | Team | Lge | --- Regular Season --- | | | | | ----- Playoffs ----- | | | | |
|------------------------|-------------------------|--------|------------------------|----|----|-----|-----|----------------------|----|----|-----|-----|
| | | | GP | G | A | Pts | PIM | GP | G | A | Pts | PIM |
| 2010-11 | Des Moines Buccaneers | USHL | 2 | 0 | 0 | 0 | 2 | -- | -- | -- | -- | -- |
| 2010-11 | Lincoln Stars | USHL | 25 | 2 | 3 | 5 | 4 | 1 | 0 | 0 | 0 | 5 |
| 2010-11 | New Jersey Rockets | AtJHL | 25 | 9 | 20 | 29 | 65 | | | | | |
| 2011-12 | Lincoln Stars | USHL | 53 | 5 | 10 | 15 | 69 | 8 | 1 | 2 | 3 | 8 |
| 2012-13 | Lincoln Stars | USHL | 60 | 9 | 21 | 30 | 113 | 5 | 3 | 2 | 5 | 4 |
| 2013-14 | Northeastern University | H-East | 35 | 8 | 11 | 19 | 22 | | | | | |
| 2014-15 | Northeastern University | H-East | 31 | 13 | 10 | 23 | 60 | | | | | |
| 2015-16 | Northeastern University | H-East | 41 | 14 | 29 | 43 | 28 | | | | | |
| 2016-17 | Northeastern University | H-East | 38 | 31 | 32 | 63 | 72 | | | | | |
| 2016-17 | WB/Scranton Penguins | AHL | 10 | 3 | 5 | 8 | 7 | -- | -- | -- | -- | -- |
| 2017-18 | WB/Scranton Penguins | AHL | 41 | 9 | 20 | 29 | 49 | -- | -- | -- | -- | -- |
| 2017-18 | Pittsburgh Penguins | NHL | 16 | 4 | 2 | 6 | 2 | 9 | 0 | 1 | 1 | 4 |
| 2018-19 | WB/Scranton Penguins | AHL | 11 | 6 | 3 | 9 | 18 | -- | -- | -- | -- | -- |
| 2018-19 | Pittsburgh Penguins | NHL | 43 | 8 | 9 | 17 | 26 | 4 | 0 | 0 | 0 | 0 |
| 2019-20 | Pittsburgh Penguins | NHL | 57 | 6 | 7 | 13 | 28 | 4 | 0 | 1 | 1 | 2 |
| 2020-21 | Pittsburgh Penguins | NHL | 45 | 9 | 6 | 15 | 15 | 6 | 1 | 1 | 2 | 2 |
| 2021-22 | Pittsburgh Penguins | NHL | 52 | 2 | 9 | 11 | 22 | -- | -- | -- | -- | -- |
| 2021-22 | Anaheim Ducks | NHL | 17 | 3 | 1 | 4 | 6 | -- | -- | -- | -- | -- |
| 2022-23 | Toronto Maple Leafs | NHL | 77 | 10 | 4 | 14 | 25 | 6 | 1 | 0 | 1 | 0 |
| ----- NHL Totals ----- | | | 307 | 42 | 38 | 80 | 124 | 29 | 2 | 3 | 5 | 8 |