

Bison Basics Nutritional Comparison Chart Raw Ground Meats & Poultry

WATER (grams), **CALORIES** (kcal), **PROTEIN** (grams), **FATS** (grams), **CHOLESTEROL** (mg)

(Nutrient values and weights are based on 100 grams (3.5 oz) of raw ground meat or poultry.)

COMPARISON OF GROUND MEATS									
ANIMAL	USDA REF No.	WATER	CALORIES	PROTEIN	TOTAL FAT	SATURATED FAT	MONO FAT	POLY FAT	CHOLESTEROL
BISON Grass-fed	17149	71.59	146	20.23	7.21	2.917	2.753	0.336	55
BEEF 90% Lean	23562	69.50	176	20.00	10.00	4.058	4.353	0.344	65
PORK 84% Lean	10972	64.67	218	17.99	16.00	5.362	7.280	2.235	68
TURKEY	05305	71.97	149	17.46	8.26	2.250	3.100	2.000	79
CHICKEN	05332	73.24	143	17.44	8.10	2.301	3.660	1.508	86

Source: All data as per [USDA National Nutrient Database for Standard Reference](#)

Compiled: June 2010

Note: This information represents a partial nutrient profile, for additional data go to the USDA source linked