

# Bison Basics Nutritional Comparison Chart for 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 |
| <b>BISON<br/>Grass-fed</b> | <b>17149</b> | <b>71.59</b> | <b>146</b> | <b>20.23</b> | <b>7.21</b>  | <b>2.917</b>  | <b>2.753</b> | <b>0.336</b> | <b>55</b>   |
| <b>BEEF<br/>90% Lean</b>   | <b>23562</b> | <b>69.50</b> | <b>176</b> | <b>20.00</b> | <b>10.00</b> | <b>4.058</b>  | <b>4.353</b> | <b>0.344</b> | <b>65</b>   |
| <b>PORK<br/>84% Lean</b>   | <b>10972</b> | <b>64.67</b> | <b>218</b> | <b>17.99</b> | <b>16.00</b> | <b>5.362</b>  | <b>7.280</b> | <b>2.235</b> | <b>68</b>   |
| <b>TURKEY</b>              | <b>05305</b> | <b>71.97</b> | <b>149</b> | <b>17.46</b> | <b>8.26</b>  | <b>2.250</b>  | <b>3.100</b> | <b>2.000</b> | <b>79</b>   |
| <b>CHICKEN</b>             | <b>05332</b> | <b>73.24</b> | <b>143</b> | <b>17.44</b> | <b>8.10</b>  | <b>2.301</b>  | <b>3.660</b> | <b>1.508</b> | <b>86</b>   |

**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