

Nutritional Information

Species	Protein %	Fat%	Cholesterol (mg/100g)	Calories (Kcal/100g*)
Bison	21.7	1.9	62	138
Deer	23.7	1.3	107	145
Elk	22.8	0.9	67	137
Beef	22	6.5	72	180
Pork	22.3	4.9	71	165
Chicken	23.6	0.7	62	135
Turkey	23.5	1.5	60	146

Source: North Dakota State University
