

Nutritional Comparison With Conventional Meats

Value per 100 g of edible portion

Species	Protein (g)	Fat (g)	Cholesterol (mg)	Calories (kCal)	Iron (mg)
Buffalo	21.6	1.84	62	109	2.6
Elk	22.95	1.45	55	111	2.76
Venison	22.96	2.42	85	120	3.4
Beef - hip	20.13	15.38	64	225	2.7
Pork - fresh ham	18.74	15.69	66	222	0.77
Chicken - boneless skinless breast	22.2	1.63	57	109	0.89
Lamb - leg	17.21	20.8	71	261	1.63
Salmon - filet	19.99	10.85	59	183	0.36

Source: USDA Nutritional Database for Standard Reference (July 2001)

Cooking Tips For Range Meats

Range meats are very lean and do not marble like conventional meats. When considering these conventional meats, fat acts like an insulator in the cooking process. Therefore, range meats must generally be cooked at a lower temperature for less time. Range meats have the tendency to continue to cook even when removed from heat, and should therefore be served right away and not allowed to stand.

Low in fat