

BISON

Popular Cuts and Cooking Methods

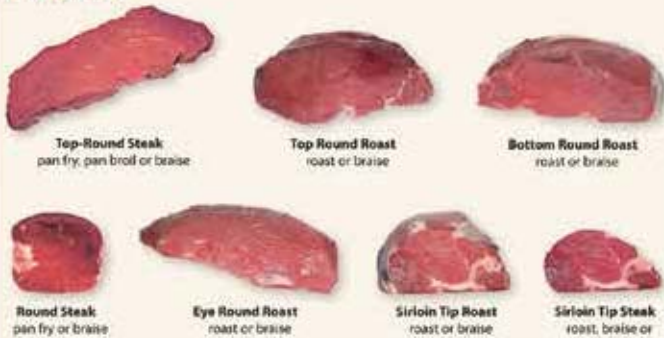
RIB



SHORT LOIN



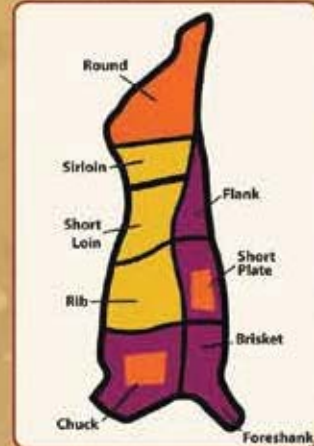
ROUND



CHUCK



SIRLOIN



NUTRITIONAL COMPARISONS
Per 100 Gram (3.5 oz.) Serving - Cooked Meat - Updated March 2007

Species	Fat g	Protein g	Calories kcal	Cholesterol mg	Bron mg	Iron mg
Bison	2.42	28.44	113	82	0.42	2.86
Beef (Choice)	18.54	27.21	204	87	2.72	2.50
Beef (Select)	8.80	25.80	201	80	2.50	2.64
Pork	9.65	24.20	213	80	1.1	0.25
Chicken (Skinless)	1.49	28.91	118	80	1.21	0.11
Turkey (Skinless)	10.97	27.31	216	87	0.55	5.88

OTHER



This chart was produced by the National Bison Association
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RANCH