

Longhorn Beef Nutritional Comparison

The table below compares the nutritional value of various meat products.

Based on 3.5 oz serving

Meat	Calories	Protein (grams)	Fat (grams)	Cholesterol (milligrams)
Ground Beef	289.0	24.1	20.7	90.0
Lean Ground Beef	272.0	24.7	18.5	87.7
Chicken, Dark	205.0	27.4	9.7	93.8
Lamb Chop	216.0	30.0	9.7	95.8
Pork Loin	190.0	28.6	9.8	79.6
Pork Chop	202.0	30.2	8.1	82.7
Lamb Leg	191.0	28.3	7.7	89.7
Pot Roast	210.0	33.0	7.6	101.0
Venison	207.0	33.5	6.4	4.0
Turkey	170.0	29.3	5.0	76.6
Top Round	180.0	31.7	4.9	84.6
Chicken, white	173.0	30.9	4.5	85.7
Longhorn	140.0	25.5	3.7	61.5

Source: Longhorn Data. "Nutrient Density of Beef From Texas Longhorn Cattle;" Texas A&M; 1997. Other data USDA., USA Today 11/29/91. Pope Lab, Inc., Dallas TX.