

# Meat & Poultry Nutri-Facts

The Nutritional Values of Beef, Chicken, Lamb, Pork, Turkey & Veal based on three ounce (84g) cooked servings with no added ingredients

Chicken

3 ounce (84g) cooked serving fat trimmed to 1/8 inch	Calories	Calories from Fat	Total Fat grams	Saturated Fat grams	Total Carbohydrate grams	Cholesterol mg	Sodium mg	Protein grams	Iron % of daily value
Chuck, Blade Roast, braised	290	190	21	8	0	90	55	22	15%
Loin, Top Loin Steak, broiled	220	130	14	6	0	80	45	22	8%
Rib, Roast, Large End, roasted	300	220	24	10	0	70	55	19	10%
Round, Eye Round Steak, roasted	170	70	8	3	0	70	30	24	10%
Round, Top Round Steak, broiled	170	70	8	3	0	75	35	26	10%
Round, Tip Roast, roasted	180	90	10	3.5	0	70	55	23	15%
Loin, Tenderloin Steak, broiled	220	130	14	6	0	80	45	22	8%
Loin, Sirloin Steak, broiled	200	110	12	4.5	0	75	45	23	8%
Round, Bottom Round Steak, braised	210	90	10	4	0	85	35	28	10%
Brisket, Whole, braised	280	190	21	8	0	80	55	22	10%
Brisket, Flat Half, braised	250	140	16	6	0	90	40	25	10%
Brisket, Point Half, braised	300	210	23	9	0	80	60	21	10%
Rib, Steak, Small End, broiled	240	150	17	7	0	80	45	22	8%
Chuck, Arm Pot Roast, braised	250	150	16	6	0	100	40	25	10%

Beef

3 ounce (84g) cooked serving with skin	Calories	Calories from Fat	Total Fat grams	Saturated Fat grams	Total Carbohydrate grams	Cholesterol mg	Sodium mg	Protein grams	Iron % of daily value
Whole, without neck and giblets, roasted	200	100	11	3	0	75	70	23	6%
Breast, roasted	170	60	7	2	0	70	60	25	4%
Wing, roasted	240	150	16	4.5	0	70	70	23	6%
Drumstick, roasted	180	80	9	2.5	0	75	75	23	6%
Thigh, roasted	210	120	13	3.5	0	80	70	21	6%

3 ounce (84g) cooked serving fat trimmed to 1/8 inch	Calories	Calories from Fat	Total Fat grams	Saturated Fat grams	Total Carbohydrate grams	Cholesterol mg	Sodium mg	Protein grams	Iron % of daily value
Shank, roasted	180	90	10	4	0	75	55	22	10%
Shoulder, Arm Chop, broiled	280	170	19	8	0	100	60	26	10%
Shoulder, Blade Chop, broiled	280	180	20	8	0	95	65	24	10%
Rib Roast, roasted	290	210	23	10	0	80	60	18	8%
Loin Chop, broiled	250	160	17	7	0	85	65	22	8%
Leg, Whole, roasted	200	110	12	5	0	75	55	22	10%
Leg, Sirloin Half, roasted	240	150	17	7	0	80	60	21	10%
Leg, Shank Half, roasted	180	90	10	4	0	75	55	23	10%

Lamb

Pork

3 ounce (84g) cooked serving	Calories	Calories from Fat	Total Fat grams	Saturated Fat grams	Total Carbohydrate grams	Cholesterol mg	Sodium mg	Protein grams	Iron % of daily value
Loin, Chop, broiled	180	80	9	3	0	70	45	22	4%
Loin, Country Style Ribs, roasted	280	190	21	8	0	75	45	20	4%
Loin, Top Loin Chop, boneless, broiled	160	70	8	2.5	0	60	35	22	2%
Loin, Rib Chop, broiled	190	100	11	4	0	55	45	21	4%
Spareribs, braised	330	230	25	9	0	100	80	24	8%
Loin Tenderloin, roasted	120	30	3.5	1	0	60	45	22	6%
Loin, Sirloin Roast, roasted	190	100	11	3.5	0	75	50	22	4%
Shoulder, Blade Steak, broiled	220	130	15	6	0	80	50	21	8%
Loin, Top Roast, boneless, roasted	160	70	7	2.5	0	65	40	22	2%

3 ounce (84g) cooked serving with skin	Calories	Calories from Fat	Total Fat grams	Saturated Fat grams	Total Carbohydrate grams	Cholesterol mg	Sodium mg	Protein grams	Iron % of daily value
Whole, without neck and giblets, roasted	170	70	8	2.5	0	70	55	24	8%
Breast, roasted	160	60	6	2	0	60	55	24	6%
Wing, roasted	190	90	10	3	0	70	50	23	6%
Drumstick, roasted	170	70	8	2.5	0	70	65	23	10%
Thigh, roasted	190	90	10	3	0	75	65	23	10%

Turkey

Veal

3 ounce (84g) cooked serving	Calories	Calories from Fat	Total Fat grams	Saturated Fat grams	Total Carbohydrate grams	Cholesterol mg	Sodium mg	Protein grams	Iron % of daily value
Shoulder, Arm Steak, braised	200	80	9	3.5	0	125	75	28	6%
Shoulder, Blade Steak, braised	190	80	8	3	0	130	80	26	6%
Rib Roast, roasted	190	110	12	4.5	0	90	80	20	4%
Loin Chop, braised	240	130	14	6	0	100	65	25	6%
Cutlets (from leg), unbreaded, pan fried	180	60	7	2.5	0	90	65	27	4%



\*Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium  
 Data Source: USDA National Nutrient Database for Standard Reference, Release 23  
 In cooperation with: American Lamb Board • National Chicken Council  
 National Turkey Federation • National Pork Board • American Meat Institute  
 National Cattlemen's Beef Association • National Grocers Association