

***Star B Bison Ranch & Hop Farm***  
***28428 Hwy 78 Ramona, CA 92065***  
***760-789-8155***

Nutritional Facts About Grass-fed Bison Compared to Other Meats

<b>All Values based on 3½ oz. cooked (roasted) product [From the Nutrient Analysis Tool]</b>					
	<b>Buffalo</b>	<b>Beef</b>	<b>Pork</b>	<b>Salmon</b>	<b>Vension</b>
Calories	141.89	281.8	246.08	204.40	156.47
Protein (g)	28.18	25.8	26.89	21.93	29.97
Fat (g)	2.38	19.05	14.59	12.31	3.18
Iron (mg)	3.37	2.68	.99	.3	4.47
Sodium (mg)	56.66	60.53	58.54	60.53	53.58
Potassium (mg)	358.20	343.32	404.84	381.02	332.40
Saturated Fat (g)	.90	7.58	5.33	2.48	1.24
Monounsaturated Fat (g)	.94	8.29	6.46	4.4	.87
Polyunsaturated Fat (g)	.24	.74	1.20	4.44	.62
Cholesterol (mg)	81.36	82.36	81.36	62.51	111.13