

## Basic Report 17149, Bison, ground, grass-fed, raw

Report Date: August 24, 2019 10:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 patty (cooked from 4 oz raw) 85g	1 oz 28.35g
<b>Proximates</b>				
Water	g	71.59	60.85	20.30
Energy	kcal	146	124	41
Protein	g	20.23	17.20	5.74
Total lipid (fat)	g	7.21	6.13	2.04
Carbohydrate, by difference	g	0.05	0.04	0.01
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	11	9	3
Iron, Fe	mg	2.78	2.36	0.79
Magnesium, Mg	mg	21	18	6
Phosphorus, P	mg	194	165	55
Potassium, K	mg	328	279	93
Sodium, Na	mg	70	60	20
Zinc, Zn	mg	4.59	3.90	1.30
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.141	0.120	0.040
Riboflavin	mg	0.246	0.209	0.070
Niacin	mg	5.322	4.524	1.509
Vitamin B-6	mg	0.383	0.326	0.109
Folate, DFE	µg	12	10	3
Vitamin B-12	µg	1.94	1.65	0.55
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.19	0.16	0.05

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.2	1.0	0.3
<b>Lipids</b>				
Fatty acids, total saturated	g	2.917	2.479	0.827
Fatty acids, total monounsaturated	g	2.753	2.340	0.780
Fatty acids, total polyunsaturated	g	0.336	0.286	0.095
Cholesterol	mg	55	47	16
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0