

Full Report (All Nutrients) 17149, Bison, ground, grass-fed, raw

Report Date: August 20, 2019 21:59 EDT

Nutrient values and weights are for edible portion.

Food Group : Lamb, Veal, and Game Products

Common Name: Buffalo

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 patty (cooked from 4 oz raw) 85g	1 oz 28.35g
Proximates						
Water 1	g	71.59	9	0.830	60.85	20.30
Energy	kcal	146	--	--	124	41
Energy	kJ	611	--	--	519	173
Protein 1	g	20.23	9	0.290	17.20	5.74
Total lipid (fat) 1	g	7.21	9	0.920	6.13	2.04
Ash 1	g	0.91	9	0.010	0.77	0.26
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
Minerals						
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
Copper, Cu	mg	0.140	--	--	0.119	0.040
Selenium, Se	µg	20.0	--	--	17.0	5.7
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.141	--	--	0.120	0.040

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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, total	µg	12	--	--	10	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	12	--	--	10	3
Folate, DFE	µg	12	--	--	10	3
Choline, total	mg	85.8	--	--	72.9	24.3
Betaine	mg	12.6	--	--	10.7	3.6
Vitamin B-12	µg	1.94	--	--	1.65	0.55
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.16	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	2	--	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	2	--	0.0	0.0
Vitamin D	IU	0	2	--	0	0
Vitamin K (phylloquinone)	µg	1.2	--	--	1.0	0.3
Lipids						
Fatty acids, total saturated	g	2.917	--	--	2.479	0.827
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.003	--	--	0.003	0.001
10:0	g	0.003	--	--	0.003	0.001
12:0	g	0.003	--	--	0.003	0.001
14:0	g	0.129	--	--	0.110	0.037

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16:0	g	1.298	--	--	1.103	0.368
18:0	g	1.481	--	--	1.259	0.420
Fatty acids, total monounsaturated	g	2.753	--	--	2.340	0.780
16:1 undifferentiated	g	0.144	--	--	0.122	0.041
18:1 undifferentiated	g	2.586	--	--	2.198	0.733
20:1	g	0.023	--	--	0.020	0.007
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.336	--	--	0.286	0.095
18:2 undifferentiated	g	0.261	--	--	0.222	0.074
18:3 undifferentiated	g	0.038	--	--	0.032	0.011
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.037	--	--	0.031	0.010
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	55	--	--	47	16
Amino Acids						
Tryptophan	g	0.153	--	--	0.130	0.043
Threonine	g	0.918	--	--	0.780	0.260
Isoleucine	g	0.977	--	--	0.830	0.277
Leucine	g	1.736	--	--	1.476	0.492
Lysine	g	1.877	--	--	1.595	0.532
Methionine	g	0.547	--	--	0.465	0.155
Cystine	g	0.241	--	--	0.205	0.068
Phenylalanine	g	0.859	--	--	0.730	0.244
Tyrosine	g	0.688	--	--	0.585	0.195
Valine	g	1.089	--	--	0.926	0.309
Arginine	g	1.377	--	--	1.170	0.390
Histidine	g	0.742	--	--	0.631	0.210
Alanine	g	1.348	--	--	1.146	0.382
Aspartic acid	g	1.977	--	--	1.680	0.560
Glutamic acid	g	3.296	--	--	2.802	0.934
Glycine	g	1.313	--	--	1.116	0.372

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 patty (cooked from 4 oz raw) 85g	1 oz 28.35g
Proline	g	1.036	--	--	0.881	0.294
Serine	g	0.842	--	--	0.716	0.239
Hydroxyproline	g	0.253	--	--	0.215	0.072
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Proximates in Grass-fed Buffalo, 2004 Beltsville MD