

Basic Report 17339, Game meat, elk, ground, cooked, pan-broiled

Report Date: July 23, 2019 01:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 patty (yield from 104.1 g raw meat) 95g	1 serving (3 oz) 85g
Proximates				
Water	g	64.14	60.93	54.52
Energy	kcal	193	183	164
Protein	g	26.64	25.31	22.64
Total lipid (fat)	g	8.74	8.30	7.43
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	10	10	8
Iron, Fe	mg	3.34	3.17	2.84
Magnesium, Mg	mg	24	23	20
Phosphorus, P	mg	221	210	188
Potassium, K	mg	354	336	301
Sodium, Na	mg	85	81	72
Zinc, Zn	mg	6.56	6.23	5.58
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.125	0.119	0.106
Riboflavin	mg	0.320	0.304	0.272
Niacin	mg	5.320	5.054	4.522
Vitamin B-6	mg	0.420	0.399	0.357
Folate, DFE	µg	8	8	7
Vitamin B-12	µg	2.57	2.44	2.18
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.57	0.54	0.48

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Lipids				
Fatty acids, total saturated	g	4.002	3.802	3.402
Fatty acids, total monounsaturated	g	2.757	2.619	2.343
Fatty acids, total polyunsaturated	g	0.412	0.391	0.350
Cholesterol	mg	78	74	66
Amino Acids				
Other				
Caffeine	mg	0	0	0