

Basic Report 17344, Game meat, deer, ground, cooked, pan-broiled

Report Date: July 20, 2019 01:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 patty 93g	1 serving (3 oz) 85g
Proximates				
Water	g	64.23	59.73	54.60
Energy	kcal	187	174	159
Protein	g	26.45	24.60	22.48
Total lipid (fat)	g	8.22	7.64	6.99
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	14	13	12
Iron, Fe	mg	3.35	3.12	2.85
Magnesium, Mg	mg	24	22	20
Phosphorus, P	mg	228	212	194
Potassium, K	mg	364	339	309
Sodium, Na	mg	78	73	66
Zinc, Zn	mg	5.20	4.84	4.42
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.503	0.468	0.428
Riboflavin	mg	0.327	0.304	0.278
Niacin	mg	9.257	8.609	7.868
Vitamin B-6	mg	0.468	0.435	0.398
Folate, DFE	µg	8	7	7
Vitamin B-12	µg	2.32	2.16	1.97
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.68	0.63	0.58

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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	1.4	1.3	1.2
Lipids				
Fatty acids, total saturated	g	3.993	3.713	3.394
Fatty acids, total monounsaturated	g	1.939	1.803	1.648
Fatty acids, total polyunsaturated	g	0.444	0.413	0.377
Cholesterol	mg	98	91	83
Amino Acids				
Other				
Caffeine	mg	0	0	0