

Buffalo vs. Other Meat Commodities

TABLE I - BUFFALO VS. BEEF

(RANGE OF PROTEIN AND FAT, CONTENT BY CUT)

(Grams per 100 gram serving) BEEF (a)

Chuck, braised - lean + fat - 24.9 protein, 33.6 fat
Chuck, braised - lean only - 30.7 protein, 18.6 fat
Bottom round, braised - lean + fat - 29.5 protein, 16.4 fat
Bottom round, braised - lean only - 31.8 protein, 9.75 fat
Beef rib, roasted - lean + fat - 20.9 protein, 33.2 fat
Beef rib, roasted - lean only - 25.3 protein, 17.3 fat
Sirloin steak, broiled - lean + fat - 26.8 protein, 20.2 fat
Sirloin steak, broiled - lean only - 30.1 protein, 9.98 fat
Beef roast, eye of round, roasted - lean + fat - 26.2 protein, 14.5 fat
Beef roast, eye of round, roasted - lean only - 28.3 protein, 6.89 fat

BUFFALO (b)

Loin - 29.6 protein, 5.4 fat
Neck - 34.4 protein, 2.7 fat
Flank - 34.5 protein, 2.0 fat
Round - 35.6 protein, 1.4 fat
Brisket - 36.4 protein, 4.1 fat
Front shank - 33.7 protein, 0.7 fat
Neck hump - 33.9 protein, 3.4 fat
Shoulder hump - 34.7 protein, 1.7 fat
Shoulder - 34.2 protein, 0.8 fat

a) Unpublished data from United States Department of Agriculture study on the Nutritive Content of Beef, 1980; sample representative of US cattle population.

b) Unpublished data, Human Nutrition Information Service, United States Department of Agriculture, 1979; various cuts from 47 animals from Custer State Park (range/grain fed), oven roasted to internal temperature of 165 degrees F.