

DRAFT version prepared by Kasie Maxwell, SFRAW Jan 2019										
As of Jan 2019, these items are all currently available at SFRAW (sorry, no kangaroo or moose, these are included for comparison purposes only)										
SFRAW Protein Comparison: Calories, Protein and Fat										
<i>(per 100 grams, boneless)</i>										
	Calories (kcal)	Protein (g)	Fat (g)	Iron (mg)	Energetics	Calorie Note	Protein Note	Fat Note	General Note	Carbohydrate?
Alligator	92	19.4	1.6	1.1	cool	low	moderate	low		
Alpaca, Ground	116	23	5.33	2.44	cool	low	high	low-mod		
Antelope	114	22.38	2.03	3.19	warm	low	high	low		
Arrowtooth Flounder, wild	106	15.04	5.31	0	cool	low	low-mod	low-mod		
Beef, grass fed, Ground (75/25)	192	19.42	12.73	1.99	neutral	low-mod	moderate	moderate		
Beef, grass fed, Stew	125	22.32	4.02	2.41	neutral	low-mod	high	low-mod		
Beef, grass fed, Trim	140	21.13	6.16	8	neutral	low-mod	high	moderate		
Bison, grass fed, Ground	146	20.23	7.21	2.78	hot	low-mod	moderate	moderate		
Boar, wild	122	21.5	3.33		cool	low-mod	high	low-mod		
Chicken, organic, Breast, bnls	172	20.69	8.97	0.74	hot	low-mod	moderate	moderate		
Chicken, organic, Breast, bnls/sknls	106	22.93	1.32	0.63	hot	low	high	low		
Chicken, organic, Ground (we do not sell)	141	18.52	7.05	0.84	hot	low-mod	moderate	moderate	unavailable	
Chicken, organic, Ground sknls breast	105	22.93	1.32	0.63	hot	low	high	low	unavailable	
Chicken, organic, Thigh, bnls	213	17.02	14.89	1.15	hot	moderate	low-mod	moderate		
Chicken, organic, Thigh, bnls/sknls	116	20.29	3.62	1.04	hot	low	moderate	low-mod		
Cod, wild, pacific	106	23.53	1.18	0.5	cool	low	high	lowest		
Duck (avg bnls meat)	404	11	39		cool	highest	low	highest		
Duck, Ground	125	19.64	4.46	4.82	cool	low-mod	moderate	low-mod		
Duck, Muscovy	205	21	18		cool	moderate	high	high-mod		
Duck, Peking	224	16	28.6		cool	moderate	low-mod	high		
Eggs, Chicken, white	48	9.99	0	0.06	neutral	lowest	low	fat free		min
Eggs, Chicken, whole	145	11.8	10.01	1.39	neutral	low-mod	low	moderate		min
Eggs, Chicken, yolk	366	15.9	32.68	4.4	neutral	high	low-mod	high		min
Eggs, Duck, whole	185	12.81	13.77	3.85	neutral	low-mod	low	moderate		min
Eggs, Quail, whole	158	13.05	11.09	3.65	neutral	low-mod	low-mod	moderate		min
Elk, Ground	172	21.76	8.82	2.75	warm	low-mod	high	moderate		
Emu, Ground	134	22.77	4.03	4.02	hot	low-mod	high	low-mod		

