

NUTRITIONAL VALUE OF GOAT MEAT

GOAT MEAT NUTRITION COMPARATIVE CHART

Per 3 oz. Cooked

TRAIT	GOAT*	CHICKEN**	BEEF***	PORK****	LAMB*****
Calories	122	162	179	180	175
Fat (g)	2.6	6.3	7.9	8.2	8.1
Sat Fat (g)	0.79	1.7	3	2.9	2.9
Protein (g)	23	25	25	25	24
Cholesterol (mg)	63.8	76	73.1	73.1	78.2

Data from: USDA Nutrient Database for Standard Reference Release 14 (July 2001)

*Game meat, goat, cooked roasted

**Chicken, broilers or fryers, meat only, roasted

***Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked

****Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked

*****Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked

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