

## Wild Game Nutritional Information

### Deer

#### **Whitetail Deer**

A 3-ounce serving

Calories: 134

Protein: 26 grams

Fat: 3 grams

Cholesterol: 95 milligrams

21% of your daily allowance of Iron, 30% of your Riboflavin, and 29% of your Niacin.

#### **Mule Deer**

A 3.5-ounce serving

Calories: 145

Protein: 24 grams

Fat: 1.3 grams

Cholesterol: 107 milligrams

24% of your daily allowance of Iron, 31% of your Riboflavin, and 32% of your Niacin.

### **Elk**

A 3.5 ounce serving

Calories: 137

Protein: 22.8 grams

Fat: .9 grams

Cholesterol: 67 milligrams

17% of your daily allowance of Iron, with no significant Riboflavin or Niacin.

### **Caribou**

A 3-ounce serving

Calories: 142

Protein: 25 grams

Fat: 4 grams

Cholesterol: 93 milligrams

29% of your daily allowance of Iron, 45% of your Riboflavin, 14% of your Thiamin, and 94% of your B12 allowance.

### **Moose**

A 3-ounce serving

Calories: 114

Protein: 25 grams

Fat: 1 gram

Cholesterol: 66 milligrams

20% of your daily allowance of Iron, 17% of your Riboflavin, 22% of your Niacin, and 89% of B12.

## **Birds**

### **Duck**

A 3-ounce serving

Calories: 102

Protein: 16 grams

Fat: 4 grams

Cholesterol: 64 milligrams

21% of your daily allowance of Iron, 15% of your Riboflavin, and 23% of your Thiamin.

### **Canada Goose**

A 3-ounce serving

Calories: 201

Protein: 24 grams

Fat: 12 grams

Cholesterol: 81 milligrams

12% of your daily allowance of Iron, 18% of your Riboflavin, and 6% of your Thiamin.

### **Wild Turkey**

A 3.5-ounce serving

Calories: 163

Protein: 26 grams

Fat: 1 gram

Cholesterol: 55 milligrams

25% of your daily allowance of Iron and 5% of your Riboflavin.

### **Quail**

A 3-ounce serving

Calories: 145

Protein: 23 grams

Fat: 2 grams

Cholesterol: 94 milligrams

22% of your daily allowance of Iron, 13% of your Riboflavin, and 6% of your Thiamin.

### **Grouse**

A 3-ounce serving

Calories: 140

Protein: 24 grams

Fat: 1 gram

Cholesterol: 101 milligrams

19% of your daily allowance of Iron, 12% of your Riboflavin, and 5% of your Thiamin.

### **Pheasant**

A 3-ounce serving

Calories: 207

Protein: 27 grams

Fat: 9 grams

Cholesterol: 75 milligrams

6% of your daily allowance of Iron, 9% of your Riboflavin, and 3% of your Thiamin.

## **Small Game**

### **Cottontail Rabbit**

A 3-ounce serving

Calories: 147

Protein: 28 grams

Fat: 3 grams

Cholesterol: 105 milligrams

23% of your daily allowance of Iron and 4% of your Riboflavin allowance.

### **Gray Squirrel**

A 3-ounce serving

Calories: 147

Protein: 26 grams

Fat: 4 grams

Cholesterol: 103 milligrams

32% of your daily allowance of Iron, 14% of your Riboflavin, and 3% of your Thiamin.

## **Others**

### **Black Bear**

A 3-ounce serving

Calories: 220

Protein: 28 grams

Fat: 11 grams

Cholesterol: 83 milligrams

51% of your daily allowance of Iron, 41% of your Riboflavin, and 6% of your Thiamin.

### **Wild Boar**

A 3-ounce serving

Calories: 136

Protein: 24 grams

Fat: 4 grams

Cholesterol: 65 milligrams

5% of your daily allowance of Iron, 7% of your Riboflavin, 18% of Niacin, 18% of your Thiamin, 18% of your B6, and 10% of your B12 allowance.

### **Snapping Turtle**

A 3-ounce serving

Calories: 75

Protein: 18 grams

Fat: 0 grams

Cholesterol: 42 milligrams

6% of your daily allowance of Iron, 6% of your Riboflavin, and 6% of your Thiamin.

**Alligator**

A 3.2-ounce serving

Calories: 190

Protein: 28 grams

Fat: 4 grams

Cholesterol: 75 milligrams

Significant amounts of Niacin and B12

**Pronghorn Antelope**

A 3-ounce serving

Calories: 128

Protein: 25 grams

Fat: 2 grams

Cholesterol: 107 milligrams

20% of your daily allowance of Iron, 36% of your Riboflavin, and 15% of your Thiamin.

**Mountain Goat**

A 3-ounce serving

Calories: 122

Protein: 23 grams

Fat: 3 grams

Cholesterol: 64 milligrams

18% of your daily allowance of Iron, 30% of your Riboflavin, and 5% of your Thiamin.

**Bighorn Sheep**

A 3-ounce serving

Calories: 198

Protein: 27 grams

Fat: 9 grams

Cholesterol: 93 milligrams

21% of your daily allowance of Iron, 63% of B12, 15% of your Riboflavin, and 27% of your Niacin allowance.

**Opossum**

A 3-ounce serving

Calories: 188

Protein: 26 grams

Fat: 9 grams

Cholesterol: 110 milligrams

22% of your daily allowance of Iron, 18% of your Riboflavin, and 6% of your Thiamin.

**Raccoon**

A 3-ounce serving

Calories: 217

Protein: 25 grams

Fat: 12 grams

Cholesterol: 82 milligrams

34% of your daily allowance of Iron, 26% of your Riboflavin, 33% of your Thiamin, and 118% of your B12.

**Beaver**

A 3-ounce serving

Calories: 180

Protein: 30 grams

Fat: 6 grams

Cholesterol: 99 milligrams

47% of your daily allowance of Iron, 16% of your Riboflavin, 20% of B6, and 3% of your Thiamin.

**Groundhog**

A 3-ounce serving

Calories: 132

Protein: 15 grams

Fat: 7 grams

Cholesterol: 45 milligrams

3% of your daily allowance of Iron, 10% of your Riboflavin, and 27% of your Thiamin.