

MEAT & POULTRY NUTRITION FACTS

The Nutritional Values of Beef, Chicken, Lamb, Pork, Turkey & Veal based on three ounce (84g) cooked servings with no added ingredients.

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BEEF

3 ounce (84g) cooked serving fat trimmed to 1/8 inch	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Iron (% of DV)*
Chuck, Blade Roast, Braised	290	190	21	8	0	90	55	22	15
Loin, Top Loin Steak, Broiled	220	130	14	6	0	80	45	22	8
Rib, Roast, Large End, Roasted	300	220	24	10	0	70	55	19	10
Round, Eye Round Steak, Roasted	170	70	8	3	0	70	30	24	10
Round, Top Round Steak, Broiled	170	70	8	3	0	75	35	26	10
Round, Tip Roast, Roasted	180	90	10	3.5	0	70	55	23	15
Loin, Tenderloin Steak, Broiled	220	130	14	6	0	80	45	22	8
Loin, Sirloin Steak, Broiled	200	110	12	4.5	0	75	45	23	8
Round, Bottom Round Steak, Braised	210	90	10	4	0	85	35	28	10
Brisket, Whole, Braised	280	190	21	8	0	80	55	22	10
Brisket, Flat Half, Braised	250	140	16	6	0	90	40	25	10
Brisket, Point Half, Braised	300	210	23	9	0	80	60	21	10
Rib, Steak, Small End, Broiled	240	150	17	7	0	80	45	22	8
Chuck, Arm Pot Roast, Braised	250	150	16	6	0	100	40	25	10

CHICKEN

3 ounce (84g) cooked serving with skin	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Iron (% of DV)*
Whole, without Neck and Giblets, Roasted	200	100	11	3	0	75	70	23	6
Breast, Roasted	170	60	7	2	0	70	60	25	4
Wing, Roasted	240	150	16	4.5	0	70	70	23	6
Drumstick, Roasted	180	80	9	2.5	0	75	75	23	6
Thigh, Roasted	210	120	13	3.5	0	80	70	21	6

LAMB

3 ounce (84g) cooked serving fat trimmed to 1/8 inch	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Iron (% of DV)*
Shank, Roasted	180	90	10	4	0	75	55	22	10
Shoulder, Arm Chop, Broiled	280	170	19	8	0	100	60	26	10
Shoulder, Blade Chop, Broiled	280	180	20	8	0	95	65	24	10
Rib Roast, Roasted	290	210	23	10	0	80	60	18	8
Loin Chop, Broiled	250	160	17	7	0	85	65	22	8
Leg, Whole, Roasted	200	110	12	5	0	75	55	22	10
Leg, Sirloin Half, Roasted	240	150	17	7	0	80	60	21	10
Leg, Shank Half, Roasted	180	90	10	4	0	75	55	23	10

PORK

3 ounce (84g) cooked serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Iron (% of DV)*
Loin, Chop, Broiled	180	80	9	3	0	70	45	22	4
Loin, Country-Style Ribs, Roasted	280	190	21	8	0	75	45	20	4
Loin, Top Loin Chop, Boneless, Broiled	160	70	8	2.5	0	60	35	22	2
Loin, Rib Chop, Broiled	190	100	11	4	0	55	45	21	4
Spareribs, Braised	330	230	25	9	0	100	80	24	8
Loin Tenderloin, Roasted	120	30	3.5	1	0	60	45	22	6
Loin, Sirloin Roast, Roasted	190	100	11	3.5	0	75	55	22	4
Shoulder, Blade Steak, Broiled	220	130	15	6	0	80	50	21	8
Loin, Top Roast, Boneless, Roasted	160	70	7	2.5	0	65	40	22	2

TURKEY

3 ounce (84g) cooked serving with skin	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Iron (% of DV)*
Whole, without Neck and Giblets, Roasted	170	70	8	2.5	0	70	55	24	8
Breast, Roasted	160	60	6	2	0	60	55	24	6
Wing, Roasted	190	90	10	3	0	70	50	23	6
Drumstick, Roasted	170	70	8	2.5	0	70	65	23	10
Thigh, Roasted	190	90	10	3	0	75	65	23	10

VEAL

3 ounce (84g) cooked serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Total Carbs (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Iron (% of DV)*
Shoulder, Arm Steak, Braised	200	80	9	3.5	0	125	75	28	6
Shoulder, Blade Steak, Braised	190	80	8	3	0	130	80	26	6
Rib Roast, Roasted	190	110	12	4.5	0	90	80	20	4
Loin Chop, Braised	240	130	14	6	0	100	65	25	6
Cutlets (from Leg), Unbreaded, Pan-Fried	180	60	7	2.5	0	90	65	27	4



*Not a significant source of dietary fiber, sugars, vitamin A, vitamin C, and calcium.

In cooperation with: American Lamb Board • National Chicken Council • National Turkey Federation • National Pork Board • American Meat Institute • National Cattlemen's Beef Association • National Grocers Association
Data Source: USDA National Nutrient Database for Standard Reference, Release 23