

Nutritional Values of Common Meats¹

<u>Meat (edible portion, un-cooked)</u>	<u>% Protein</u>	<u>% Fat</u>	<u>% Moisture</u>	<u>Calories/lb.</u>
Rabbit (fryer, with giblets)	20.8	10.2	67.9	795
Chicken (fryer, with giblets)	20.0	11.0	67.6	810
Veal (medium fat)	19.1	12.0	68.0	840
Turkey (medium fat, with giblets)	20.1	20.2	58.3	1190
Lamb (medium fat)	15.7	27.7	55.8	1420
Beef (fat)	16.3	28.0	55.0	1440
Pork (medium fat)	11.9	45.0	42.0	2050

¹Taken from Circular #547, U.S. Department of Agriculture, Washington D.C.