



# Premium Buffalo Meat

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## Nutritional Information

Buffalo meat has a rich, beef-like taste. Being lower in cholesterol and calories yet higher in iron and protein makes Buffalo a perfect beef substitute for the health-conscious, or those on restricted red meat diets. In fact, Buffalo has less cholesterol than chicken with the skin removed or even most fish!

Important differences when compared to beef include:

1. Buffalo meat contains fewer calories.
2. Buffalo meat contains 70 - 90% less fat (depending on the cut of meat).
3. Buffalo meat is lower in cholesterol.
4. Buffalo meat is higher in protein.
5. Buffalo meat is higher in iron (great for women).
6. There are no known allergies to buffalo meat.
7. Our buffalo are not subjected to any growth-inducing hormones or steroids.

<b>Nutritional Facts:</b>				
<b>Species</b>	<b>Buffalo</b>	<b>Beef (90% Lean)</b>	<b>Pork</b>	<b>Chicken*</b>
<b>Calories</b>	143 kcal	217 kcal	265 kcal	165 kcal
<b>Fat</b>	2.42 g	11.73 g	18.19 g	3.57 g
<b>Cholesterol</b>	82 mg	85 mg	105 mg	85 mg
<b>Saturated Fat</b>	0.91 g	4.63 g	5.15 g	1.01 g
<b>Protein</b>	28.44 g	26.11 g	23.55 g	31.02 g
<b>Iron</b>	3.42 mg	2.71 mg	1.51 mg	1.04 mg

USDA Data <http://www.nal.usda.gov/fnic/foodcomp/search>  
Reference #s: 17157; 23563; 10803; 05064  
Per 100 grams cooked meat \*Skinless, breast only

## **Our 100% Natural Buffalo Meat**

All our Smokies, Sausages, Pepperoni, and ground buffalo are made from minimum 90% lean trim: no additional fat, MSG, or other by-products are ever added like in other store bought brands. This makes Buffalo the ideal meat for anyone concerned about what is going into their meat and into their mouth. All our meat is government inspected and sold frozen in individually vacuum packed clear bags so you can see the quality you are paying for while sealing in the freshness. With consumers demanding better quality and leaner cuts of meat, Buffalo is the ideal alternative.