

NDB No. 17156 Game meat, bison, raw
Bison bison

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 454g	Measure 3*
Proximates:						
Water	g	74.57	0.259	33	21.14	338.25
Energy	kcal	109		0	31	494
Energy	kj	456		0	129	2068
Protein (N x 5.95)	g	21.62	0.164	33	6.13	98.07
Total lipid (fat)	g	1.84	0.158	33	0.52	8.35
Carbohydrate, by difference	g	0.00		0	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0
Ash	g	1.20	0.036	33	0.34	5.44
Sugars, total	g					
Minerals:						
Calcium	mg	6	0.240	23	2	27
Iron	mg	2.60	0.060	30	0.74	11.79
Magnesium	mg	25	0.329	30	7	113
Phosphorus	mg	187	2.611	30	53	848
Potassium	mg	343	5.295	30	97	1556
Sodium	mg	54	0.913	30	15	245
Zinc	mg	2.80	0.069	30	0.79	12.70
Copper	mg	0.090	0.010	30	0.026	0.408
Manganese	mg	0.007	0.000	30	0.002	0.032
Selenium	: g	27.0		0	7.7	122.5
Vitamins:						
Ascorbic acid	mg	0.0		0	0.0	0.0
Thiamin	mg					
Riboflavin (1)	mg	0.094	0.007	24	0.027	0.426
Niacin (1)	mg	1.910	0.117	24	0.541	8.664
Pantothenic acid	mg					
Vitamin B-6	mg					
Folate	: g					
Vitamin B-12	: g					
Vitamin A	IU	0		0	0	0
Vitamin A, RE	: g	0		0	0	0
Vitamin D	IU					
Vitamin E, "-TE	mg					
Lipids:						
Saturated, total	g	0.690		0	0.196	3.130
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.020		22	0.006	0.091
15.0	g					
16:0	g	0.330		22	0.094	1.497
17:0	g					
18:0	g	0.350		22	0.099	1.588
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.720		0	0.204	3.266
14:1	g					
16:1	g	0.040		22	0.011	0.181
18:1	g	0.670		22	0.190	3.039
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.190		0	0.054	0.862
18:2	g	0.110		22	0.031	0.499
18:3	g	0.030		22	0.009	0.136
18:4	g					
20:4	g	0.050		22	0.014	0.227
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	62	2.437	50	18	281
Phytosterols	mg					
Amino acids:						
Tryptophan	g					
Threonine	g	0.890		1	0.252	4.037
Isoleucine	g	0.911		1	0.258	4.132
Leucine	g	1.679		1	0.476	7.616
Lysine	g	1.686		1	0.478	7.648
Methionine	g	0.513		1	0.145	2.327
Cystine	g					
Phenylalanine	g	0.809		1	0.229	3.670
Tyrosine	g	0.695		1	0.197	3.153
Valine	g	0.978		1	0.277	4.436
Arginine	g	1.282		1	0.363	5.815
Histidine	g	0.573		1	0.162	2.599
Alanine	g	1.228		1	0.348	5.570
Aspartic acid	g	1.875		1	0.532	8.505
Glutamic acid	g	3.150		1	0.893	14.288
Glycine	g	1.039		1	0.295	4.713
Proline	g	0.863		1	0.245	3.915
Serine	g	0.823		1	0.233	3.733
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb

Footnotes:

- 1 Data represent composite of clod, ribeye, top round and top sirloin for 24 bison.

NDB No. 17157 Game meat, bison, cooked, roasted

Bison bison

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
	Mean	Std. Error	Samples	Measure 1 [*] 340g	Measure 2 [*] 85g	Measure 3 [*]
Proximates:						
Water	g	66.54	0	226.24	56.56	
Energy	kcal	143	0	486	122	
Energy	kJ	598	0	2033	508	
Protein (N x 5.95)	g	28.44	0	96.70	24.17	
Total lipid (fat)	g	2.42	0	8.23	2.06	
Carbohydrate, by difference	g	0.00	0	0.00	0.00	
Fiber, total dietary	g	0.0	0	0.0	0.0	
Ash	g	1.58	0	5.37	1.34	
Sugars, total	g					
Minerals:						
Calcium	mg	8	0	27	7	
Iron	mg	3.42	0	11.63	2.91	
Magnesium	mg	26	0	88	22	
Phosphorus	mg	209	0	711	178	
Potassium	mg	361	0	1227	307	
Sodium	mg	57	0	194	48	
Zinc	mg	3.68	0	12.51	3.13	
Copper	mg	0.107	0	0.364	0.091	
Manganese	mg	0.008	0	0.027	0.007	
Selenium	: g	35.5	0	120.7	30.2	
Vitamins:						
Ascorbic acid	mg	0.0	0	0.0	0.0	
Thiamin	mg	0.100	0	0.340	0.085	
Riboflavin	mg	0.270	0	0.918	0.230	
Niacin	mg	3.710	0	12.614	3.154	
Pantothenic acid	mg					
Vitamin B-6	mg	0.400	0	1.360	0.340	
Folate	: g	8	0	27	7	
Vitamin B-12	: g	2.86	0	9.72	2.43	
Vitamin A	IU	0	0	0	0	
Vitamin A, RE	: g	0	0	0	0	
Vitamin D	IU					
Vitamin E, " -TE	mg	0.140	0	0.476	0.119	
Lipids:						
Saturated, total	g	0.910	0	3.094	0.774	
4:0	g	0.000	0	0.000	0.000	
6:0	g	0.000	0	0.000	0.000	
8:0	g	0.000	0	0.000	0.000	
10:0	g	0.000	0	0.000	0.000	
12:0	g	0.000	0	0.000	0.000	
14:0	g	0.030	0	0.102	0.026	
15:0	g					
16:0	g	0.430	0	1.462	0.366	
17:0	g					
18:0	g	0.450	0	1.530	0.383	
20:0	g					
22:0	g					
24:0	g					

Monounsaturated, total	g	0.950	0	3.230	0.808
14:1	g				
16:1	g	0.060	0	0.204	0.051
18:1	g	0.880	0	2.992	0.748
20:1	g	0.000	0	0.000	0.000
22:1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.240	0	0.816	0.204
18:2	g	0.140	0	0.476	0.119
18:3	g	0.040	0	0.136	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.238	0.060
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	82	0	279	70
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g	1.171	0	3.981	0.995
Isoleucine	g	1.198	0	4.073	1.018
Leucine	g	2.210	0	7.514	1.878
Lysine	g	2.219	0	7.545	1.886
Methionine	g	0.674	0	2.292	0.573
Cystine	g				
Phenylalanine	g	1.065	0	3.621	0.905
Tyrosine	g	0.914	0	3.108	0.777
Valine	g	1.287	0	4.376	1.094
Arginine	g	1.686	0	5.732	1.433
Histidine	g	0.754	0	2.564	0.641
Alanine	g	1.615	0	5.491	1.373
Aspartic acid	g	2.467	0	8.388	2.097
Glutamic acid	g	4.145	0	14.093	3.523
Glycine	g	1.367	0	4.648	1.162
Proline	g	1.136	0	3.862	0.966
Serine	g	1.083	0	3.682	0.921
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 lb raw, boneless, yield after cooking
- Measure 2: 3 oz

NDB No. 17157

Food Group 17 Lamb, Veal, and Game Products
 USDA Nutrient Database for Standard Reference, Release 13 (1999)

NDB No. 17266 Game meat, bison, top round, separable lean only, trimmed to 0" fat, raw
Bison bison

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 28g	Measure 2 [*] 454g	Measure 3 [*] 113g	
Proximates:							
Water	g	74.60	0.110	100	21.15	338.39	84.30
Energy (1)	kcal	110		0	31	499	124
Energy	kJ	460		0	130	2087	520
Protein (N x 5.95)	g	22.30	0.070	100	6.32	101.15	25.20
Total lipid (fat)	g	1.60	0.070	100	0.45	7.26	1.81
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.20	0.000	100	0.34	5.44	1.36
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.200	93	1	23	6
Iron	mg	2.90	0.030	96	0.82	13.15	3.28
Magnesium	mg	25	0.100	95	7	113	28
Phosphorus	mg	204	1.000	95	58	925	231
Potassium	mg	345	2.000	92	98	1565	390
Sodium	mg	51	0.800	93	14	231	58
Zinc	mg	3.50	0.070	96	0.99	15.88	3.96
Copper	mg	0.135	0.003	94	0.038	0.612	0.153
Manganese	mg	0.013	0.000	96	0.004	0.059	0.015
Selenium	:g	27.2	1.700	12	7.7	123.4	30.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.048	0.005	12	0.014	0.218	0.054
Riboflavin	mg	0.092	0.005	24	0.026	0.417	0.104
Niacin	mg	1.908	0.101	24	0.541	8.655	2.156
Pantothenic acid	mg						
Vitamin B-6	mg	0.281	0.021	12	0.080	1.275	0.318
Folate	:g						
Vitamin B-12	:g	1.90	0.110	12	0.54	8.62	2.15
Vitamin A	IU	3	0.033	100	1	14	3
Vitamin A, RE	:g	1	0.010	100	0	5	1
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.610	0.300	100	0.173	2.767	0.689
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.017	0.060	100	0.005	0.077	0.019
15:0	g	0.045	0.110	100	0.013	0.204	0.051
16:0	g	0.233	0.200	100	0.066	1.057	0.263
17:0	g	0.015	0.060	100	0.004	0.068	0.017
18:0	g	0.259	0.200	100	0.073	1.175	0.293
20:0	g						
22:0	g	0.040	0.230	100	0.011	0.181	0.045
24:0	g						

Monounsaturated, total	g	0.610	0.500	100	0.173	2.767	0.689
14:1	g	0.001	0.010	100	0.000	0.005	0.001
16:1	g	0.031	0.040	100	0.009	0.141	0.035
18:1	g	0.560	0.500	100	0.159	2.540	0.633
20:1	g	0.003	0.030	100	0.001	0.014	0.003
22:1	g	0.017	0.210	100	0.005	0.077	0.019
Polyunsaturated, total	g	0.173	0.300	100	0.049	0.785	0.195
18:2	g	0.166	0.300	100	0.047	0.753	0.188
18:3	g	0.007	0.060	100	0.002	0.032	0.008
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	66	0.700	100	19	299	75
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.000		0	0.000	0.000	0.000
Threonine	g	0.918		0	0.260	4.164	1.037
Isoleucine	g	0.940		0	0.266	4.264	1.062
Leucine	g	1.732		0	0.491	7.856	1.957
Lysine	g	1.739		0	0.493	7.888	1.965
Methionine	g	0.529		0	0.150	2.400	0.598
Cystine	g	0.000		0	0.000	0.000	0.000
Phenylalanine	g	0.834		0	0.236	3.783	0.942
Tyrosine	g	0.716		0	0.203	3.248	0.809
Valine	g	1.009		0	0.286	4.577	1.140
Arginine	g	1.322		0	0.375	5.997	1.494
Histidine	g	0.591		0	0.168	2.681	0.668
Alanine	g	1.267		0	0.359	5.747	1.432
Aspartic acid	g	1.934		0	0.548	8.773	2.185
Glutamic acid	g	3.249		0	0.921	14.737	3.671
Glycine	g	1.072		0	0.304	4.863	1.211
Proline	g	0.890		0	0.252	4.037	1.006
Serine	g	0.849		0	0.241	3.851	0.959
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb
- Measure 3: 4 oz

Footnotes:

- 1 Energy, as determined by bomb calorimetry, is 140.00 kcal.

NDB No. 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw
Bison bison

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 28g	Measure 2 [*] 454g	Measure 3 [*] 113g	
Proximates:							
Water	g	74.40	0.130	100	21.09	337.48	84.07
Energy (1)	kcal	113		0	32	513	128
Energy	kJ	473		0	134	2146	534
Protein (N x 5.95)	g	21.40	0.080	100	6.07	97.07	24.18
Total lipid (fat)	g	2.40	0.100	100	0.68	10.89	2.71
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.20	0.010	100	0.34	5.44	1.36
Sugars, total	g						
Minerals:							
Calcium	mg	5	0.200	92	1	23	6
Iron	mg	3.00	0.030	96	0.85	13.61	3.39
Magnesium	mg	24	0.100	96	7	109	27
Phosphorus	mg	203	1.000	96	58	921	229
Potassium	mg	335	2.000	92	95	1520	379
Sodium	mg	51	0.500	93	14	231	58
Zinc	mg	3.40	0.040	96	0.96	15.42	3.84
Copper	mg	0.155	0.005	94	0.044	0.703	0.175
Manganese	mg	0.015	0.004	95	0.004	0.068	0.017
Selenium	:g	25.1	1.300	12	7.1	113.9	28.4
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.045	0.003	12	0.013	0.204	0.051
Riboflavin	mg	0.097	0.008	24	0.027	0.440	0.110
Niacin	mg	2.017	0.149	24	0.572	9.149	2.279
Pantothenic acid	mg						
Vitamin B-6	mg	0.259	0.014	12	0.073	1.175	0.293
Folate	:g						
Vitamin B-12	:g	2.30	0.190	12	0.65	10.43	2.60
Vitamin A	IU	3	0.033	100	1	14	3
Vitamin A, RE	:g	1	0.010	100	0	5	1
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.885	0.300	100	0.251	4.014	1.000
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025	0.040	100	0.007	0.113	0.028
15:0	g	0.023	0.080	100	0.007	0.104	0.026
16:0	g	0.342	0.200	100	0.097	1.551	0.386
17:0	g	0.025	0.040	100	0.007	0.113	0.028
18:0	g	0.397	0.300	100	0.113	1.801	0.449
20:0	g						
22:0	g	0.048	0.190	100	0.014	0.218	0.054
24:0	g						

Monounsaturated, total	g	0.986	0.500	100	0.280	4.472	1.114
14:1	g	0.002	0.010	100	0.001	0.009	0.002
16:1	g	0.050	0.060	100	0.014	0.227	0.057
18:1	g	0.904	0.500	100	0.256	4.101	1.022
20:1	g	0.006	0.030	100	0.002	0.027	0.007
22:1	g	0.024	0.200	100	0.007	0.109	0.027
Polyunsaturated, total	g	0.217	0.300	100	0.062	0.984	0.245
18:2	g	0.209	0.300	100	0.059	0.948	0.236
18:3	g	0.008	0.050	100	0.002	0.036	0.009
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	71	0.900	100	20	322	80
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.000		0	0.000	0.000	0.000
Threonine	g	0.881		0	0.250	3.996	0.996
Isoleucine	g	0.902		0	0.256	4.091	1.019
Leucine	g	1.662		0	0.471	7.539	1.878
Lysine	g	1.669		0	0.473	7.571	1.886
Methionine	g	0.508		0	0.144	2.304	0.574
Cystine	g	0.000		0	0.000	0.000	0.000
Phenylalanine	g	0.801		0	0.227	3.633	0.905
Tyrosine	g	0.688		0	0.195	3.121	0.777
Valine	g	0.968		0	0.274	4.391	1.094
Arginine	g	1.269		0	0.360	5.756	1.434
Histidine	g	0.567		0	0.161	2.572	0.641
Alanine	g	1.216		0	0.345	5.516	1.374
Aspartic acid	g	1.856		0	0.526	8.419	2.097
Glutamic acid	g	3.118		0	0.884	14.143	3.523
Glycine	g	1.028		0	0.291	4.663	1.162
Proline	g	0.854		0	0.242	3.874	0.965
Serine	g	0.815		0	0.231	3.697	0.921
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb
- Measure 3: 4 oz

Footnotes:

- 1 Energy, as determined by bomb calorimetry, is 143.00 kcal.

NDB No. 17268 Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw
Bison bison

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 28g	Measure 2 [*] 454g	Measure 3 [*] 113g	
Proximates:							
Water	g	74.00	0.140	100	20.98	335.66	83.62
Energy (1)	kcal	116		0	33	526	131
Energy	kJ	485		0	137	2200	548
Protein (N x 5.95)	g	22.10	0.080	100	6.27	100.25	24.97
Total lipid (fat)	g	2.40	0.120	100	0.68	10.89	2.71
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.20	0.010	100	0.34	5.44	1.36
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.200	93	2	27	7
Iron	mg	2.80	0.040	96	0.79	12.70	3.16
Magnesium	mg	24	0.100	96	7	109	27
Phosphorus	mg	198	1.000	96	56	898	224
Potassium	mg	344	2.000	93	98	1560	389
Sodium	mg	48	0.600	93	14	218	54
Zinc	mg	3.20	0.050	96	0.91	14.52	3.62
Copper	mg	0.130	0.006	95	0.037	0.590	0.147
Manganese	mg	0.013	0.001	96	0.004	0.059	0.015
Selenium	:g	23.3	2.000	12	6.6	105.7	26.3
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.046	0.003	12	0.013	0.209	0.052
Riboflavin	mg	0.090	0.006	24	0.026	0.408	0.102
Niacin	mg	1.838	0.102	24	0.521	8.337	2.077
Pantothenic acid	mg						
Vitamin B-6	mg	0.252	0.013	12	0.071	1.143	0.285
Folate	:g						
Vitamin B-12	:g	2.20	0.160	12	0.62	9.98	2.49
Vitamin A	IU	3	0.033	100	1	14	3
Vitamin A, RE	:g	1	0.010	100	0	5	1
Vitamin D	IU						
Vitamin E, "-TE	mg						
Lipids:							
Saturated, total	g	0.898	0.300	100	0.255	4.073	1.015
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.025	0.050	100	0.007	0.113	0.028
15:0	g	0.050	0.110	100	0.014	0.227	0.057
16:0	g	0.361	0.200	100	0.102	1.637	0.408
17:0	g	0.027	0.050	100	0.008	0.122	0.031
18:0	g	0.395	0.200	100	0.112	1.792	0.446
20:0	g						
22:0	g	0.040	0.170	100	0.011	0.181	0.045
24:0	g						

Monounsaturated, total	g	0.996	0.500	100	0.282	4.518	1.125
14:1	g	0.002	0.020	100	0.001	0.009	0.002
16:1	g	0.048	0.060	100	0.014	0.218	0.054
18:1	g	0.919	0.500	100	0.261	4.169	1.038
20:1	g	0.006	0.040	100	0.002	0.027	0.007
22:1	g	0.021	0.190	100	0.006	0.095	0.024
Polyunsaturated, total	g	0.192	0.400	100	0.054	0.871	0.217
18:2	g	0.184	0.400	100	0.052	0.835	0.208
18:3	g	0.008	0.090	100	0.002	0.036	0.009
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	62	0.700	100	18	281	70
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.000		0	0.000	0.000	0.000
Threonine	g	0.910		0	0.258	4.128	1.028
Isoleucine	g	0.931		0	0.264	4.223	1.052
Leucine	g	1.716		0	0.486	7.784	1.939
Lysine	g	1.723		0	0.488	7.816	1.947
Methionine	g	0.524		0	0.149	2.377	0.592
Cystine	g	0.000		0	0.000	0.000	0.000
Phenylalanine	g	0.827		0	0.234	3.751	0.935
Tyrosine	g	0.710		0	0.201	3.221	0.802
Valine	g	1.000		0	0.284	4.536	1.130
Arginine	g	1.310		0	0.371	5.942	1.480
Histidine	g	0.586		0	0.166	2.658	0.662
Alanine	g	1.256		0	0.356	5.697	1.419
Aspartic acid	g	1.917		0	0.543	8.696	2.166
Glutamic acid	g	3.220		0	0.913	14.606	3.639
Glycine	g	1.062		0	0.301	4.817	1.200
Proline	g	0.882		0	0.250	4.001	0.997
Serine	g	0.841		0	0.238	3.815	0.950
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb
- Measure 3: 4 oz

Footnotes:

- 1 Energy, as determined by bomb calorimetry, is 145.00 kcal.

NDB No. 17269 Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw
Bison bison

Refuse: 0%

Nutrients and units	Amount in 100 grams of edible portion			Amount in edible portion of common measures of food			
	Mean	Std. Error	Samples	Measure 1 [*] 28g	Measure 2 [*] 454g	Measure 3 [*] 113g	
Proximates:							
Water	g	75.40	0.110	100	21.38	342.01	85.20
Energy (1)	kcal	109		0	31	494	123
Energy	kJ	456		0	129	2068	515
Protein (N x 5.95)	g	21.10	0.070	100	5.98	95.71	23.84
Total lipid (fat)	g	2.10	0.100	100	0.60	9.53	2.37
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.20	0.010	100	0.34	5.44	1.36
Sugars, total	g						
Minerals:							
Calcium	mg	4	0.100	95	1	18	5
Iron	mg	3.00	0.040	95	0.85	13.61	3.39
Magnesium	mg	24	0.200	95	7	109	27
Phosphorus	mg	189	2.000	95	54	857	214
Potassium	mg	322	3.000	91	91	1461	364
Sodium	mg	59	0.800	92	17	268	67
Zinc	mg	5.00	0.080	95	1.42	22.68	5.65
Copper	mg	0.148	0.006	92	0.042	0.671	0.167
Manganese	mg	0.014	0.000	93	0.004	0.064	0.016
Selenium	:g	26.4	1.500	12	7.5	119.8	29.8
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.042	0.003	12	0.012	0.191	0.047
Riboflavin	mg	0.096	0.007	24	0.027	0.435	0.108
Niacin	mg	1.879	0.113	24	0.533	8.523	2.123
Pantothenic acid	mg						
Vitamin B-6	mg	0.221	0.012	12	0.063	1.002	0.250
Folate	:g						
Vitamin B-12	:g	2.20	0.180	12	0.62	9.98	2.49
Vitamin A	IU	2	0.067	100	1	9	2
Vitamin A, RE	:g	1	0.020	100	0	5	1
Vitamin D	IU						
Vitamin E, " -TE	mg						
Lipids:							
Saturated, total	g	0.749	0.400	100	0.212	3.397	0.846
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.018	0.040	100	0.005	0.082	0.020
15:0	g	0.051	0.100	100	0.014	0.231	0.058
16:0	g	0.283	0.200	100	0.080	1.284	0.320
17:0	g	0.022	0.040	100	0.006	0.100	0.025
18:0	g	0.327	0.300	100	0.093	1.483	0.370
20:0	g						
22:0	g	0.045	0.210	100	0.013	0.204	0.051
24:0	g						

Monounsaturated, total	g	0.861	0.500	100	0.244	3.905	0.973
14:1	g	0.002	0.020	100	0.001	0.009	0.002
16:1	g	0.044	0.050	100	0.012	0.200	0.050
18:1	g	0.787	0.500	100	0.223	3.570	0.889
20:1	g	0.005	0.030	100	0.001	0.023	0.006
22:1	g	0.022	0.220	100	0.006	0.100	0.025
Polyunsaturated, total	g	0.217	0.400	100	0.062	0.984	0.245
18:2	g	0.208	0.400	100	0.059	0.943	0.235
18:3	g	0.009	0.050	100	0.003	0.041	0.010
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	66	0.800	100	19	299	75
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.000		0	0.000	0.000	0.000
Threonine	g	0.868		0	0.246	3.937	0.981
Isoleucine	g	0.889		0	0.252	4.033	1.005
Leucine	g	1.639		0	0.465	7.435	1.852
Lysine	g	1.645		0	0.466	7.462	1.859
Methionine	g	0.500		0	0.142	2.268	0.565
Cystine	g	0.000		0	0.000	0.000	0.000
Phenylalanine	g	0.790		0	0.224	3.583	0.893
Tyrosine	g	0.678		0	0.192	3.075	0.766
Valine	g	0.954		0	0.270	4.327	1.078
Arginine	g	1.251		0	0.355	5.675	1.414
Histidine	g	0.559		0	0.158	2.536	0.632
Alanine	g	1.198		0	0.340	5.434	1.354
Aspartic acid	g	1.830		0	0.519	8.301	2.068
Glutamic acid	g	3.074		0	0.871	13.944	3.474
Glycine	g	1.014		0	0.287	4.600	1.146
Proline	g	0.842		0	0.239	3.819	0.951
Serine	g	0.803		0	0.228	3.642	0.907
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

- Measure 1: 1 oz
- Measure 2: 1 lb
- Measure 3: 4 oz

Footnotes:

- 1 Energy, as determined by bomb calorimetry, is 136.00 kcal.