



Foods > Food List > Goat Meat

Food database and calorie counter

Source: USDA

Goat Meat



Food Search



Nutrition Facts

Serving Size 1 oz

Amount Per Serving

Calories 31 Calories from Fat 6

% Daily Values*

Total Fat 0.65g 1%

Saturated Fat 0.201g 1%

Polyunsaturated Fat 0.048g

Monounsaturated Fat 0.292g

Cholesterol 16mg 5%

Sodium 23mg 1%

Potassium 109mg

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars -

Protein 5.84g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 4%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Values are based on USDA Nutrient Database SR18

2% of RDI*
(31 calories)



Calorie Breakdown:

- Carbohydrate (0%)
- Fat (19%)
- Protein (81%)



* Based on a RDI of 2000 calories

[What is my Recommended Daily Intake \(RDI\)?](#)

Photos

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Nutrition summary:

Calories
31

Fat
0.65g

Carbs
0g

Protein
5.84g

There are 31 calories in 1 ounce of Goat Meat.

Calorie breakdown: 19% fat, 0% carbs, 81% protein.

Common serving sizes:

Serving Size	Calories
1 oz	31
100 g	109
1 lb	494

Related foods:

- [Quorn Meatless & Soy-free Cranberry and Goat Cheese Chik'n Cutlets](#)
- [Goats Milk](#)
- [Goats Cheese \(Hard\)](#)
- [Goats Cheese \(Semisoft\)](#)
- [Goats Cheese \(Soft\)](#)
- [Turkey Light Meat and Skin](#)
- [Turkey Light Meat and Skin \(Cooked, Roasted\)](#)
- [Turkey Dark Meat and Skin](#)
- [Turkey Dark Meat and Skin \(Cooked, Roasted\)](#)
- [Chicken Light Meat \(Stewing\)](#)

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+ Add this item to my food diary

date: Today - 04/12/13

meal: Breakfast

name:

amount: oz or or Cancel

Recently eaten by:

Danielmike 2400kcal
on 10 April 2013

vanessa nascimento 949kcal
on 03 April 2013

inojlove 2169kcal
on 30 March 2013

B Jones 1863kcal
on 29 March 2013

Recently eaten with:

FatSecret members have recently eaten **Goat Meat** with these foods:

[all diets](#) | [choose diet](#)

[Gulden's Spicy Brown Mustard](#)

[Green String Beans](#)

[Turnip Greens](#)

[Cooked Okra](#)

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