

Nutrition Facts

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Game meat, goat, cooked, roasted

Serving size: 1 piece, cooked (yield from 1 lb raw meat, boneless) (340.0g)

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FOOD SUMMARY

Nutrition facts label for Game meat, goat, cooked, roasted

This feature requires Flash player to be installed in your browser. [Download](#) the player here. [Download Printable Label Image](#)

Nutritional Target Map [What is this?](#)

Nutritional Target Map for Game meat, goat, cooked, roasted

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3.2	2.469375328824
Fullness Factor	ND Rating

Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Game meat, goat, cooked, roasted

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0%	19%	81%
Carbs	Fats	Protein

NutritionData's

[What is this?](#)

Opinion

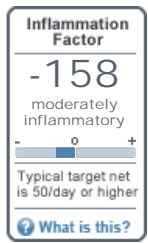
Weight loss: ★★★★☆

Optimum health: ★★★★☆

Weight gain: ★★★★☆

The good: This food is a good source of Niacin, Vitamin B12, Iron, Phosphorus, Copper and Selenium, and a very good source of Protein, Riboflavin and Zinc.

The bad: This food is high in Cholesterol.



NUTRIENT BALANCE

Nutrient Balance Indicator for Game meat, goat, cooked, roasted

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42.94117597972645
Completeness Score

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PROTEIN QUALITY

Protein Quality for Game meat, goat, cooked, roasted

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116
Amino Acid Score

[What is this?](#)

NUTRITION INFORMATION

Amounts per 1 piece, cooked (yield from 1 lb raw meat, boneless) (340.0g)

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	486 (2035 kJ)	24%

Protein & Amino Acids		
Amounts Per Selected Serving		%DV
Protein	92.1 g	184%

Unit Conversion

cup = fl oz

See foods that are:

Highest in:	Lowest in:	Best choices for:
<ul style="list-style-type: none"> Calories Carbohydrates Fat Estimated Glycemic Load 	<ul style="list-style-type: none"> Calories Carbohydrates Fat Estimated Glycemic Load 	<ul style="list-style-type: none"> Weight loss Optimum health Weight gain

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From Carbohydrate	0.0 (0.0 kJ)
From Fat	92.9 (389 kJ)
From Protein	393 (1645 kJ)
From Alcohol	0.0 (0.0 kJ)

Carbohydrates		
Amounts Per Selected Serving		%DV
Total Carbohydrate	0.0 g	0%
Dietary Fiber	0.0 g	0%
Starch	0.0 g	
Sugars	0.0 g	

Fats & Fatty Acids		
Amounts Per Selected Serving		%DV
Total Fat	10.3 g	16%
Saturated Fat	3.2 g	16%
Monounsaturated Fat	4.6 g	
Polyunsaturated Fat	0.8 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	68.0 mg	
Total Omega-6 fatty acids	442 mg	

[Learn more about these fatty acids and their equivalent names](#)

More details ▼		

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	1.2 mg	6%
Vitamin K	4.1 mcg	5%
Thiamin	0.3 mg	20%
Riboflavin	2.1 mg	122%
Niacin	13.4 mg	67%
Vitamin B6	0.0 mg	0%
Folate	17.0 mcg	4%
Vitamin B12	4.0 mcg	67%
Pantothenic Acid	~	~
Choline	362 mg	
Betaine	47.6 mg	

Minerals		
Amounts Per Selected Serving		%DV
Calcium	57.8 mg	6%
Iron	12.7 mg	70%
Magnesium	0.0 mg	0%
Phosphorus	683 mg	68%
Potassium	1377 mg	39%
Sodium	292 mg	12%
Zinc	17.9 mg	119%
Copper	1.0 mg	52%
Manganese	0.1 mg	7%
Selenium	40.1 mcg	57%
Fluoride	~	

Sterols		
Amounts Per Selected Serving		%DV
Cholesterol	255 mg	85%
Phytosterols	~	

Other		
Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	232 g	
Ash	5.0 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	

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Footnotes for Game meat, goat, cooked, roasted

Source: Nutrient data for this listing was provided by USDA SR-21. Each "-" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

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The Amino Acid Score has not been corrected for digestibility, which could reduce its value.

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