

Calorie, Fat, & Protein Content of Various Kinds of Meat

Roasted Meat (3oz)	Calories	Fat (g)	Saturated Fat (g)	Protein (mg)
Goat	122	2.58	0.79	23
Beef	245	16	6.8	23
Pork	310	24	8.7	21
Chicken	122	3.5	1.1	21
Lamb	235	16	7.3	22

source: USDA Handbook No. 8, 1989