

Cooked Portion (3 oz.)	Calories	Fat (g)	Sat. Fat (g)	Protein (g)	Chol-esterol (mg)
Goat	122	2.6	0.79	23	63.8
Chicken	162	6.3	1.7	25	76.0
Beef	179	7.9	3.0	25	73.1
Pork	180	8.2	2.9	25	73.1
Lamb	175	8.1	2.9	24	78.2

Table 2 – Meat Nutritional Comparison ^[1]