

LONGHORN BEEF



INFORMATION BASED ON 3.5 OZ SERVING

	Calories	Protein (g)	Fat (g)	Cholesterol (g)
Longhorn Beef	140	25.5	3.7	61.5
Ground Beef	289	24.1	20.7	90
Ground Lean Beef	272	24.7	18.7	87.7
Lamb Chop	216	30	9.7	95.8
Pork Chop	202	30.2	8.1	82.7
Vension	207	33.5	6.4	4.0
Turkey	170	29.3	5.0	76.6
Chicken	173	30.9	4.5	85.7

Source: Longhorn data: "Nutrient Density of Beef From Texas Longhorn Cattle, Texas A&M; 1987. Other data: USDA, USA Today 11/29/91; Pope Lab, Inc., Dallas, TX



HARTLINEANDPARTNERS