

Nutrition Information per 3 oz. portion		Energy (kcal)	Protein (g)	Fat (g)	Total saturated fat (g)	Total Mono-unsaturated fat (g)	Total Poly-unsaturated fat (g)	Cholesterol (mg)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin A (IU)	Total Folate (mcg)
Small Game	Beaver	124	20.5	4.1	NA	NA	NA	NA	13	5.9	21	202	296	43	NA	23	1.7	0.05	0.19	1.6	0	NA
	Opossum *	188	25.7	8.7	1	3.2	2.5	110	14	3.9	29	236	372	1.9	1.9	15.5	0	0.09	0.31	7.2	0	8
	Rabbit	97	18.5	2	0.6	0.5	0.38	69	10	2.7	25	192	321	43	NA	8	0	0.03	0.05	5.5	0	NA
	Raccoon *	217	24.8	12.3	3.5	4.4	1.78	82	12	6	26	222	338	67	1.9	15.3	0	0.5	0.44	4	0	9
	Squirrel	102	18.1	2.7	0.3	1	0.79	71	2	4	20	146	259	88	NA	7.9	0	0.06	0.18	3.4	0	NA
Large Game	Black bear	132	17.8	7	NA	NA	NA	NA	NA	6.1	NA	138	NA	NA	NA	NA	NA	0.13	0.58	2.7	221	NA
	Deer	120	23	2.4	0.95	0.67	0.47	85	5	3.4	23	202	318	51	2.1	9.7	0	0.22	0.48	6.37	0	4
Fish	Black bass	97	16	3.1	0.66	1.2	0.9	58	68	1.2	26	170	303	60	0.55	10.7	1.7	0.06	0.06	1.06	85	13
	Brook trout	94	18	2.3	0.51	0.69	0.66	51	21	0.32	24	209	354	38	0.47	NA	NA	0.12	0.09	2.5	NA	NA
	Lake whitefish	114	16.2	5	0.77	1.7	1.83	51	22	0.31	28	230	269	43	0.84	10.7	0	0.12	0.1	2.6	102	13
	Northern pike	75	16.4	0.6	0.1	0.13	0.17	33	48	0.47	26	187	220	33	0.57	10.7	3.2	0.05	0.05	1.96	60	13
	Shad	167	14.4	11.7	2.66	4.87	2.78	64	40	0.82	26	231	326	43	0.31	31	0	0.128	0.204	7.14	90	13
	Sunfish	76	16.5	0.6	0.12	0.1	0.21	57	68	1.02	26	153	298	68	1.32	10.7	0.8	0.068	0.06	1.02	24	13
	Walleye	79	16.3	1	0.21	0.25	0.38	73	94	1.1	26	178	331	43	0.53	10.7	0	0.23	0.14	1.95	60	13
Fowl	Duck (Wild, breast meat only)	105	16.9	3.6	1.1	1	0.5	65	3	3.8	19	158	228	48	0.63	11.8	5.3	0.35	0.26	2.9	45	21
	Pheasant (Wild, meat only)	113	20	3	1.1	0.99	0.5	66	11	0.98	17	196	223	31	0.82	NA	0.07	0.13	5.75	140	140	5 (DFE)
	Quail (Wild, meat only)	114	18.5	3.9	1.1	1.1	0.99	60	11	3.83	21	261	201	43	2.3	14.8	6.1	0.24	0.24	6.97	48	6
Other	Frog (legs only)	62	13.9	0.26	0.07	0.045	0.087	42	15	1.3	17	125	242	4	0.85	12	0	0.12	0.21	1	42	13

All based on raw meat rather than cooked samples except where indicated with *
Source: USDA National Nutrient Database for Standard Reference, August 2013,
Compiled by Cornell Cooperative Extension



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