

**BEEF.**  
IT'S WHAT'S FOR DINNER.®

# BURGER BREAKDOWN

## Ground Beef and Ground Turkey

Before you decide to swap Ground Turkey for Ground Beef, check the nutrition facts. Both are excellent sources of protein and are packed with many essential nutrients. But did you know, 93% lean cooked ground beef is lower in calories, total fat and cholesterol than 93% lean cooked ground turkey?



Compare the  
nutrients in 3 oz  
cooked ground  
beef to 3 oz  
cooked ground  
turkey



### GROUND BEEF

93% Lean / 7% Fat

Serving Size: 3 ounces, Pan-broiled

Calories 155

		Daily Value
Total Fat, g	6.8	10%
Saturated Fat, g	2.8	14%
Cholesterol, mg	71	24%
Protein, g	22	43%
Iron, mg	2.4	13%
Zinc, mg	5.4	36%
Vitamin B <sub>6</sub> , mg	0.3	16%
Vitamin B <sub>12</sub> , mcg	2.4	40%
Niacin, mg	5.2	26%
Phosphorus, mg	187	19%

### GROUND TURKEY

93% Lean / 7% Fat

Serving Size: 3 ounces, Pan-broiled

Calories 181

		Daily Value
Total Fat, g	9.9	15%
Saturated Fat, g	2.5	13%
Cholesterol, mg	88	29%
Protein, g	23	46%
Iron, mg	1.3	7%
Zinc, mg	3.2	21%
Vitamin B <sub>6</sub> , mg	0.4	21%
Vitamin B <sub>12</sub> , mcg	1.6	27%
Niacin, mg	6.9	34%
Phosphorus, mg	220	22%

US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018. Internet: <https://ndb.nal.usda.gov/ndb/>  
NDB#s: ground beef 23474, ground turkey 05666

2019 © Cattlemen's Beef Board and National Cattlemen's Beef Association 060519-06



Funded by Beef Farmers and Ranchers

