

Nutritional Information



	Calories	Fat (g)	Sat. Fat (g)	Protein (g)	Iron (g)
Goat	122	2.58	0.79	23	3.2
Beef	245	16.0	6.8	23	2.0
Pork	310	24.0	8.7	21	2.7
Lamb	235	16.0	7.3	22	1.4

