

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	9%
Saturated Fat, g	2.8	14%
Cholesterol, mg	71	24%
Protein, g	22	44%
Iron, mg	2.4	13%
Zinc, mg	5.4	49%
Vitamin B ₆ , mg	0.3	18%
Vitamin B ₁₂ , mcg	2.4	100%
Niacin, mg	5.2	33%
Phosphorus, mg	187	15%

GROUND TURKEY

93% Lean / 7% Fat

Serving Size: 3 ounces, Pan-broiled

Calories 181

		Daily Value
Total Fat, g	9.9	13%
Saturated Fat, g	2.5	13%
Cholesterol, mg	88	29%
Protein, g	23	46%
Iron, mg	1.3	7%
Zinc, mg	3.2	29%
Vitamin B ₆ , mg	0.4	24%
Vitamin B ₁₂ , mcg	1.6	67%
Niacin, mg	6.9	43%
Phosphorus, mg	220	18%