


Nutrient Density Comparison		Bandera Grassland™ Grassfed Texas Longhorn	other breeds Grassfed beef *ESHA Research	USDA Commodity Feedlot/Grain Fed Beef
Note: "--" indicates data not tested 4.00 oz (113 g) strip steak, cooked		 Grass Fed. Texas Bred.	4 oz (113 g) strip steak, cooked	4 oz (113 g) short loin steak, choice, cooked
BASIC MACRONUTRIENTS AND CALORIES				
Protein	27.1 g	24.20%	26.16 g	24.97
Carbohydrates		0 g	0.00 g	0 g
Fat - total	5.9 g	5.30%	8.10 g	8.22
Dietary Fiber		0 g	0.00 g	0 g
Calories	161	161 Cal	175	181
Ash		0.90%	1.92 g	1.257
MACRONUTRIENT AND CALORIE DETAIL				
Fat:				
Monounsaturated Fat	2860 mg	2.55 g/100g	2.80 g	--
Polyunsaturated Fat	291 mg	0.26 g/100g	2.50 g	--
Saturated Fat	2730 mg	2.44 g/100g	2.80 g	--
Trans Fat		--	0.13 g	--
Calories from Fat		--	72.9	162.28
Calories from Saturated Fat		--	25.2	--
Calories from Trans Fat		--	1.15	--
Cholesterol	69.4 mg	62.0 mg/100g	74.00 mg	67 mg
Water		79.43 g	83.26 g	65 g
MICRONUTRIENTS				
Vitamins				
Vitamin B1 (Thiamin)*		0.0801 mg/100 g	0.06 mg	0.058mg
Vitamin B2 (Riboflavin)*		0.160 mg/100 g	0.14 mg	0.254mg
Vitamin B3 (Niacin) *		5.17 mg/100 g	7.60 mg	6.514 mg
Vitamin B3 (Niacin Equivalents)*		9.67 mg NE/100 g	7.60 mg	--
Vitamin B6 *		0.307 mg/100 g	0.74 mg	0.716mg
Vitamin B12*		2.01 µg/100 g	1.44 mcg	2.02 mg
Choline		385 mg	73.82 mg	--
Folate		-- (Calculated 12.941 mcg)	14.74 mcg	--
Folate (DFE) {1mcg food folate = 1mcg DFE / 1mcg Folic Acid = 1.7 DFE}		--	14.74 mcg	5 µg/100 g
Folate (food) natural B9		--	14.74 mcg	--
Pantothenic Acid		3.58 mg/kg	0.77 mg	0.60 mg
Vitamin C		0 g	0.00 mg	--
Fat-Soluble Vitamins				
Vitamin A (Retinoids and Carotenoids)				
Vitamin A International Units (IU)		--	85.00 IU	--
Vitamin A mcg Retinol Activity Equivalents (RAE)		65 IU/100g - 19.5 mcg	4.25 mcg (RAE)	0.32 mg0
Vitamin A mcg Retinol Equivalents (RE)		65 IU/100g	8.50 mcg (RE)	--
Carotenoid mcg Retinol Equivalents (RE)		--	8.50 mcg (RE)	--
Beta-Carotene		21 IU/100g	51.00 mcg	--
Beta-Carotene Equivalents		--	8.50 mcg	--
Lutein and Zeaxanthin		--	14.70 mcg	--
Vitamin E		0 IU/kg	--	--
Vitamin E mg Alpha-Tocopherol Equivalents (ATE)		1.38 mcgkg/100g sample	0.25 mg (ATE)	--
Vitamin E International Units (IU)		--	0.37 IU	--
Vitamin E mg		--	0.25 mg	--
Vitamin K1 (phyloquinone)		--	--	1.5 µg/100 g
Vitamin K3 as Menadione		--	--	--
Vitamin K2 (MK-4)		1.38 mcgkg/100g (0.00138 mg)	1.02 mcg	--
Vitamin K2 (MK-7)		0 g	--	--
MINERALS				
Calcium		79.3 ppm - (0.793 mg)	10.21 mg	24. mg
Copper		2.05 ppm	0.08 mg	--
Iron	3 mg	24.5 ppm	2.04 mg	1.86 mg
Magnesium		223 ppm (0.223 mg)	26.08 mg	12 mg
Manganese		0 g	0.01 mg	--
Phosphorus	1.94 mg	1940 ppm	240.40 mg	221 mg
Potassium	240 mg	2150 ppm	387.82 mg	297 mg
Selenium		0.12 ppm (0.00012 mg)	23.93 mcg	33.14 mcg
Sodium	45 mg	399 ppm	62.37 mg	40 mg
Zinc	3.9	35.1 ppm (0.0351 mg)	4.09 mg	4.36 mg
FATTY ACIDS				
Saturated Fatty Acids (total)				
Omega-3 Fatty Acids	89.60 mg	0.08 g/100g - (0.0896 g)	1.10 g	--
Omega-6 Fatty Acids	190 mg	0.17 g/100g - (0.19 g)	1.50 g	--
Omega-9 fatty acids	2420 mg	2.16 g/100g - (2.42 g)	--	--
Folic acid		0.22 mg	-- (Calculated .25 mg)	--
Trans Fatty Acids (total)	33.60 mg	0.03 g/100g	0.8411	1.397 g
Monounsaturated Fats				
14:1 Myristoleic	56 mg	0.05 g/100 - (0.056 g)	0.01 g	3.493 g
16:1 Palmitol		--	0.08 g	--
17:0 Heptadecanoic	68.30 mg	0.061 g/100g - (0.0683 g)	--	--
17:1 Heptadecenoic	56 mg	0.05 g/100g - (0.56 g)	0.00 g	--
18:1 Oleic	2420 mg	2.16 g/100g - (2.42 g)	1.03 g	--
18:1 Trans Eliadic	11.20 mg	0.01 g/100g - (0.0112 g)	--	--
Polyunsaturated Fatty Acids				
18:2 Trans Linolelaidic		0 g/100g	--	0.423 g
18:2 Linoleic (poly Omega 6)		0.12 g/100g - 134 mg (0.134 g)	1.49 g	--
18:2 Conjugated Linoleic (CLA)*		<1.0 mg/g	2.27 g	--
18:3 Linolenic (Omega 3)	134 mg	--	0.02 g	--
18:3 gamma-Linolenic		0 g/100g	--	--
18:3 alpha-Linolenic	44.80 mg	0.04 g/100g - (0.0448 g)	--	--
19:0 Nonadecanoic		0 g/100g	--	--
20:4 Arachidonic	11.20 mg	--	0.01 g	--
20:3 Homo-gamma linolenic	11.20 mg	--	--	--
20:5 Eicosapentaenoic (EPA)	11.20 mg	--	0.26 g	--
22:5 Docosapentaenoic (DPA)	33.60 mg	--	0.00 g	--
22:6 Docosahexaenoic (DHA)		--	0.04 g	--
Saturated Fatty Acids				
14:0 Myristic	224 mg	0.20 g/100g - (0.224 g)	0.07 g	--
15:0 Pentadecanoic	44.8 mg	0.04 g/100g - (0.0448 g)	0.01 g	--
16:0 Palmitic	1620 mg	1.45 g/100g - (1.62 g)	0.65 g	--
16:1 Trans Palmitelaidic	22.4 mg	0.02 g/100g - (0.0224 g)	--	--
16:1 Palmitoleic	302 mg	0.27 g/100g - (0.302 g)	--	--
17:0 Margaric		--	0.03 g	--
14:1 Trans Myristoleidic		0 g	--	--
18:0 Stearic	739 mg	0.66 g/100g - (0.739 g)	0.40 g	--
13:0 Tridecanoic		0 g	--	--
20:0 Arachidic		0.01 g/100 - 11.20 mg (0.0112 g)	0.00 g	--
INDIVIDUAL AMINO ACIDS				
Alanine		1.41%	1.59 g	--
Arginine		1.46%	1.69 g	--
Aspartic Acid		1.82%	2.38 g	--
Cysteine		0.26%	0.33 g	--
Glutamic Acid		3.40%	3.93 g	--
Glycine		1.24%	1.59 g	--
Histidine		0.90%	0.83 g	--
Isoleucine		1.01%	1.18 g	--
Leucine		1.71%	2.08 g	--
Lysine		1.99%	2.21 g	--
Methionine		0.58%	0.68 g	--
Phenylalanine		1.01%	1.03 g	--
Proline		1.03%	1.25 g	--
Serine		0.93%	1.03 g	--
Threonine		1.10%	1.04 g	--
Tryptophan		0.18%	0.17 g	--
Tyrosine		0.66%	0.83 g	--
Valine		1.20%	1.30 g	--

* Eurofins



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WHFoods nutrient profiles derived from The Food Processor, Version 10.12.0, ESHA Research, Salem, Oregon, USA.

USDA ARS

Beef short loin, choice