Beefalo Meat vs Beef

Food database and calorie counter

113 G

Beefalo Meat

Nutrition Facts	
Serving Size	113 g
Amount Per Serving	
Calories	**162**
	% Daily Values*
Total Fat 5.42g	8%
Saturated Fat 2.305g	12%
Trans Fat -	
Polyunsaturated Fat 0.17g	
Monounsaturated Fat 2.305g	
Cholesterol 50mg	17%
Sodium 88mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars -	
Protein 26.33g	
Vitamin D -	
Calcium 20mg	2%
Iron 2.62mg	15%
Potassium 493mg	14%
Vitamin A 0IU	0%
Vitamin C 7.9mg	13%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Food database and calorie counter

113 G

Beef

Nutrition Facts	
Serving Size	113 g
Amount Per Serving	
Calories	**325**
	% Daily Values*
Total Fat 22.08g	34%
Saturated Fat 8.736g	44%
Trans Fat -	
Polyunsaturated Fat 0.8g	
Monounsaturated Fat 9.439g	
Cholesterol 98mg	33%
Sodium 434mg	18%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 29.75g	
Vitamin D -	
Calcium 11mg	1%
Iron 2.99mg	17%
Potassium 356mg	10%
Vitamin A 0IU	0%
Vitamin C 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: fatsecret.com, USDA

Cooking Tips

- Beefalo meats have less fat to insulate the meat from the heat, so it cooks about 30% faster than traditional Beef with less shrinkage.
- Beefalo meats will continue to cook after it has been removed from heat. You should remove it from heat one level of doneness sooner than how you like it.
- Beefalo meats is as tender as any other beef product. Do not over cook which can make it seem dry or tough.

Please visit our website for more information on Beefalo, Beefalo Meat sales, and Beefalo recipes for you and your pets.

Member of American Beefalo Association

Member of Florida Agritourism Association

Mello Ranch

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Mello Ranch

HOME OF FULL-BLOODED BEEFALO

Mello Ranch is a Breeder of Select Quality Beefalos

The Start of Mello Ranch

My husband, Michael Stuckenberger, and I, Evie Lynn, started Mello Ranch when we moved onto our 55 acre farm. We moved our nursery, Eve's Garden Inc., and our kennel, Von Evman Rottweilers as well.

We planned to green belt our property and not just raise cows. Since we have been breeding Rottweilers for almost 35 years we decided to breed full blooded DNA registered Beefalos.

We wanted fresh all natural meat for us and our Rottweilers so when we researched we found that Beefalos produced some of the best tasting and healthiest meat in the world.

Mello Ranch

NO ADDED HORMONES
NO PRESERVATIVES
NO ANTIBIOTICS
100% GRASS-FED
AMERICAN RAISED

AMERICAN BEEFALO ASSOCIATION

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE

BEEFALO

KEEP REFRIGERATED

Mello Ranch

• COMPARED TO REGULAR BEEF:
• 50% LESS CALORIES • 52% LESS CHOLESTEROL
• GREAT FLAVOR • GLUTEN FREE

*Our beefalos are raised slowly, spending their days outside with clean air, fresh water and open pastures.

Born, Raised & Harvested in the USA • www.melloranch.com

Beefalo Meat Health Studies

Through a university study that published in the AMA Journal, beefalo meat is the only red meat that has been shown to help lower LDL cholesterol. When high cholesterol men ate beefalo meat compared to eating beef in 30 days, there was a significant drop of 15 points. CWU tested the fat in beefalo meat and found that it had only 1/3 the palmitic acid content, known to increase LDL, that beef has.

Compare to beef, beefalo meat has up to four times less fat and six times less cholesterol. It is lower in cholesterol than chicken, buffalo, and most fish.

Our beefalo are 100% grass-fed with no hormones, antibiotics or steroids.