



Bison meat nutritional facts from a 4 oz. portion:

- **Calories:** 124
- **Protein:** 17 grams
- **Fat:** 6 grams
- **Saturated fat:** 2.5 grams
- **Carbs:** less than 1 gram
- **Iron:** 13% of the Daily Value (DV)
- **Selenium:** 31% of the DV
- **Vitamin B12:** 68% of the DV
- **Zinc:** 35% of the DV
- **Vitamin B6:** 19% of the DV
- **Niacin (vitamin B3):** 28% of the DV



Live healthy. Eat native.