

WILD GAME NUTRITIONAL GUIDE



DEER

120
CALORIES

23G
PROTEIN

2.4G
FAT

85MG
CHOLESTEROL



ELK

94
CALORIES

19.5G
PROTEIN

1.2G
FAT

47MG
CHOLESTEROL



SQUIRREL

102
CALORIES

18.1G
PROTEIN

2.7G
FAT

71MG
CHOLESTEROL



DUCK

105
CALORIES

16.9G
PROTEIN

3.6G
FAT

65MG
CHOLESTEROL



BASS

97
CALORIES

16G
PROTEIN

3.1G
FAT

58MG
CHOLESTEROL

PER 3 oz. PORTION

SOURCE:
WILD GOURMET,
A BOONE AND CROCKETT PUBLICATION

SEE MORE LIKE THIS AT
[wideopenspaces](http://wideopenspaces.com)