



The following gives you all the nutritional value for different meats and allows you to compare your favourites. Meat is an excellent source of protein, vitamins and minerals, but as you can see, varies greatly in calories.

Per 100g unless otherwise stated	Calories
Bacon (one rasher 40g grilled)	115
Beef fillet steak (lean grilled)	189
Beef mince (lean, raw)	175
Beef silverside (lean roast)	193
Corned beef	204
Small/Medium/Large Chicken Breast (Raw)	115/150/175
Breast Meat Only (Cooked) per 28g/1oz	41
Chicken/Turkey (mince) raw weight per 28g/1oz	37
Faggots (Approx 300 cals each)	235
Brains Frozen Pork Faggots (96 cals each)	87
Lean Gammon Joint & Cooked ham	160
Lamb Cutlets (lean only, grilled)	221
Lamb mince (lean, raw)	196
Liver, Lamb (raw)	136
Pork Chops (lean only, grilled)	189
Pork Fillet (grilled)	146
Pork mince (lean, raw)	168
Turkey (mince) Raw Weight Per 28g/oz	37
Turkey Breast (Cooked)	43
Turkey Dark Meat & Drumsticks per 28g/1oz	52
Veal Fillet (roast)	232
Venison (meat only, raw)	107

The following is an approximate guide when having a meal at a carvery.

Turkey – 145 cals; **Beef** – 176 cals; **Pork/Gammon** – 200 cals;

Mashed potato – 70 cals; **Roast potato** – 171 cals; **Parsnips** – 148 cals; **Peas** – 107 cals;

Stuffing – 147 cals; **Yorkshire Pudding** – 143 cals each

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