



## NURITIONAL COMPOSITION OF POPULAR MEATS

Canadian Rocky Mountain Ranch has a full selection of elk and buffalo fresh and frozen meats for sale directly from the ranch. All meats are suitably aged before shipping. Choose from steaks, roasts, burgers, ground meat, stew and stirfry cuts, smoked sausages, breakfast sausages, elk and buffalo bacon, elk pastrami, peppered salami, and jerky.

Please visit us online at [www.crmranch.com](http://www.crmranch.com) or call for a Product List and current prices. Products may be picked up at the retail center on the ranch, CRMR at Home Store, Second to None Meats - three stores in Calgary, or Millarville Farmers Market from June to November each year. We deliver orders at no charge to Cilantro Restaurant or The Ranche Restaurant, Calgary and we will also be happy to ship our products anywhere in Canada.

*Gift packages are available.*

ITEM per 100g of meat	ENERGY (kcal)	FAT (g)	CHOLESTEROL (mg)	PROTEIN (mg)	IRON (mg)
ELK LOIN (broiled)	167	3.84	75	31	3.96
BUFFALO LOIN (broiled)	171	5.65	86	28.05	3.47
LAMB LOIN CHOPS (broiled)	188	7.8	85	27.63	2.48
CHICKEN BREAST w/skin (broiled)	197	7.78	84	29.8	1.07
PORK TENDERLOIN (broiled)	201	8.11	94	29.86	1.39
BEEF STEAK LEAN (broiled)	237	13.21	81	28.02	2.03

Source: U.S. Department of Agriculture. "Nutrition Value of Food"



Canadian Rocky Mountain Ranch<sup>Ltd.</sup>  
Raised Naturally Locally

Contact us at: (403) 256-1350 or [info@crm ranch.com](mailto:info@crm ranch.com)