

I found this at <http://bigskybuffalo.com/buff-fac.htm>. It is NOT easy to find a comparison by cut. This is the best I've found.

Clearly, buffalo round and shank are incredibly low in fat!

TABLE 1
BUFFALO VS. BEEF
(RANGE OF PROTEIN AND FAT, CONTENT BY CUT)
(Grams per 100 gram serving)

BEEF(a)

- Chuck, braised - lean + fat - 24.9 protein, 33.6 fat
- Chuck, braised - lean only - 30.7 protein, 18.6 fat
- Bottom round, braised - lean + fat - 29.5 protein, 16.4 fat
- Bottom round, braised - lean only - 31.8 protein, 9.75 fat
- Beef rib, roasted - lean + fat - 20.9 protein, 33.2 fat
- Beef rib, roasted - lean only - 25.3 protein, 17.3 fat
- Sirloin steak, broiled - lean + fat - 26.8 protein, 20.2 fat
- Sirloin steak, broiled - lean only - 30.1 protein, 9.98 fat
- Beef roast, eye of round, roasted - lean + fat - 26.2 protein, 14.5 fat
- Beef roast, eye of round, roasted - lean only - 28.3 protein, 6.89 fat

BUFFALO(b)

- Loin - 29.6 protein, 5.4 fat
- Neck - 34.4 protein, 2.7 fat
- Flank - 34.5 protein, 2.0 fat
- Round - 35.6 protein, 1.4 fat
- Brisket - 36.4 protein, 4.1 fat
- Front shank - 33.7 protein, 0.7 fat
- Neck hump - 33.9 protein, 3.4 fat
- Shoulder hump - 34.7 protein, 1.7 fat
- Shoulder - 34.2 protein, 0.8 fat

a) Unpublished data from United States Department of Agriculture study on the Nutritive Content of Beef, 1980; sample representative of US cattle population.

b) Unpublished data, Human Nutrition Information Service, United States Department of Agriculture, 1979; various cuts from 47 animals from Custer State Park (range/grain fed), oven roasted to internal temperature of 165 degrees F.