Nutrient Analysis Report



Farm/Business: Client

Sample Group(s): Cow (Beef) - Ground - Unknown

Species: Cow (Beef)

Nutrient Group: Macronutrients & Proximates

Generated: October 14, 2026

From the Center of Human Nutrition Studies Lab at Utah State University

Other

Protein (g/100g)

Quick Statistics

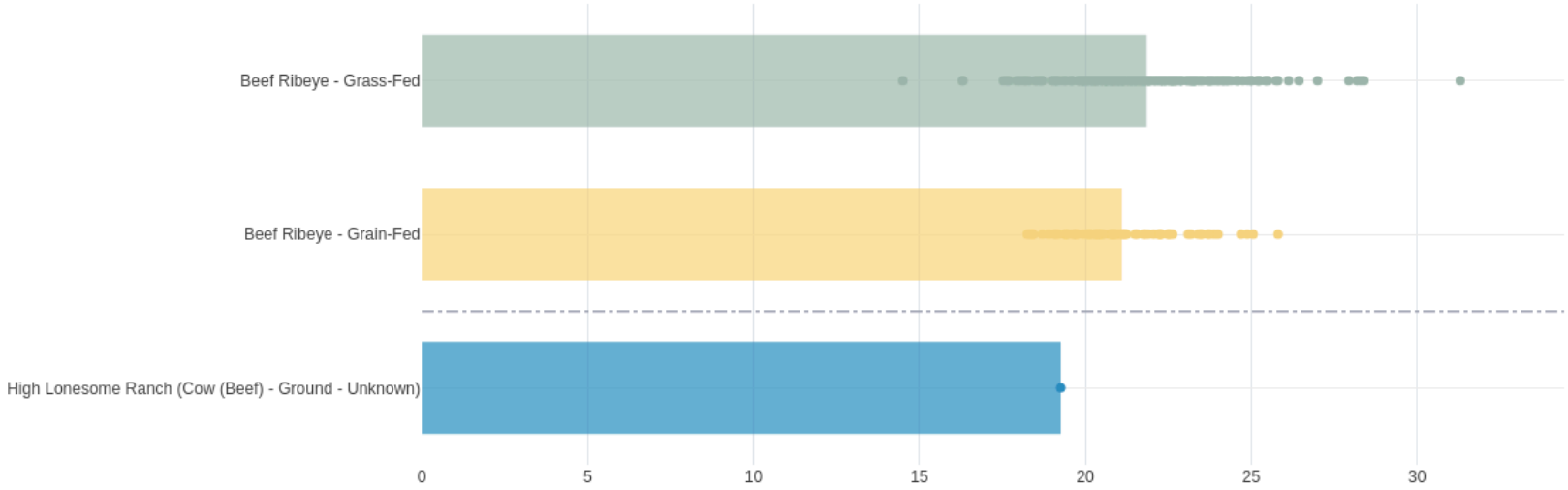
GROUP	MEAN
Client	19.260
Beef Ribeye - Grain-Fed (Cow (Beef))	21.101
Beef Ribeye - Grass-Fed (Cow (Beef))	21.849

Percent Different

Percent difference of each sample vs comparison group mean. Positive % = higher than comparison mean; negative % = lower.

SAMPLE	VALUE	VS BEEF RIBEYE - GRAIN-FED	VS BEEF RIBEYE - GRASS-FED
High Lonesome Ranch Ground Beef Composite July 2026	**19.260**	-8.7%	-11.8%

Protein (g/100g)



Additional Information: Protein

Recommended Daily Value (RDA):

50 g

Biological Effects:

Protein is an essential macronutrient found in a variety of foods, including meat, dairy products, legumes, and nuts. It plays a crucial role in building and repairing tissues, producing enzymes and hormones, and supporting overall bodily functions. Proteins are composed of amino acids, which are essential for maintaining muscle mass, immune function, and overall health.

Fat (g/100g)

Quick Statistics

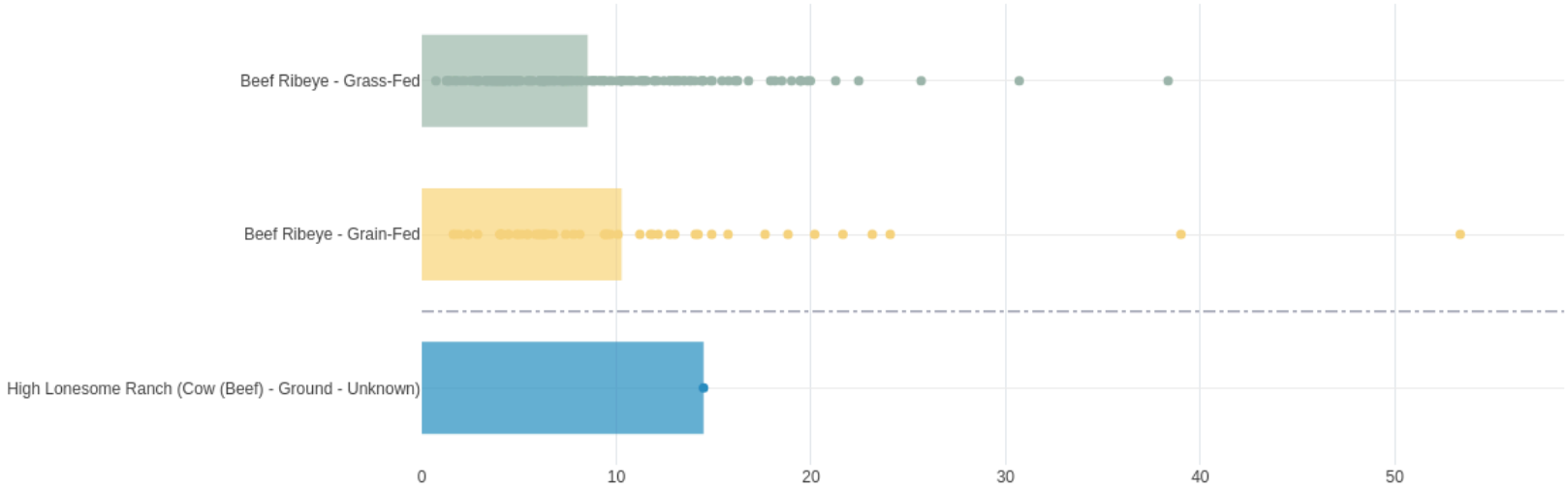
GROUP	MEAN
Client	14.480
Beef Ribeye - Grain-Fed (Cow (Beef))	10.270
Beef Ribeye - Grass-Fed (Cow (Beef))	8.525

Percent Different

Percent difference of each sample vs comparison group mean. Positive % = higher than comparison mean; negative % = lower.

SAMPLE	VALUE	VS BEEF RIBEYE - GRAIN-FED	VS BEEF RIBEYE - GRASS-FED
High Lonesome Ranch Ground Beef Composite July 2026	**14.480**	+41.0%	+69.9%

Fat (g/100g)



Additional Information: Fat

Recommended Daily Value (RDA):

78 g

Biological Effects:

Fat is an essential macronutrient found in foods such as oils, nuts, seeds, and animal sourced foods such as milk, meat/fish, and eggs. It provides a concentrated source of energy, aids in the absorption of fat-soluble vitamins, and supports cell structure and function. Fats are composed of fatty acids, which are important for brain health, hormone production, and overall well-being.

Cholesterol (mg/100g)

Quick Statistics

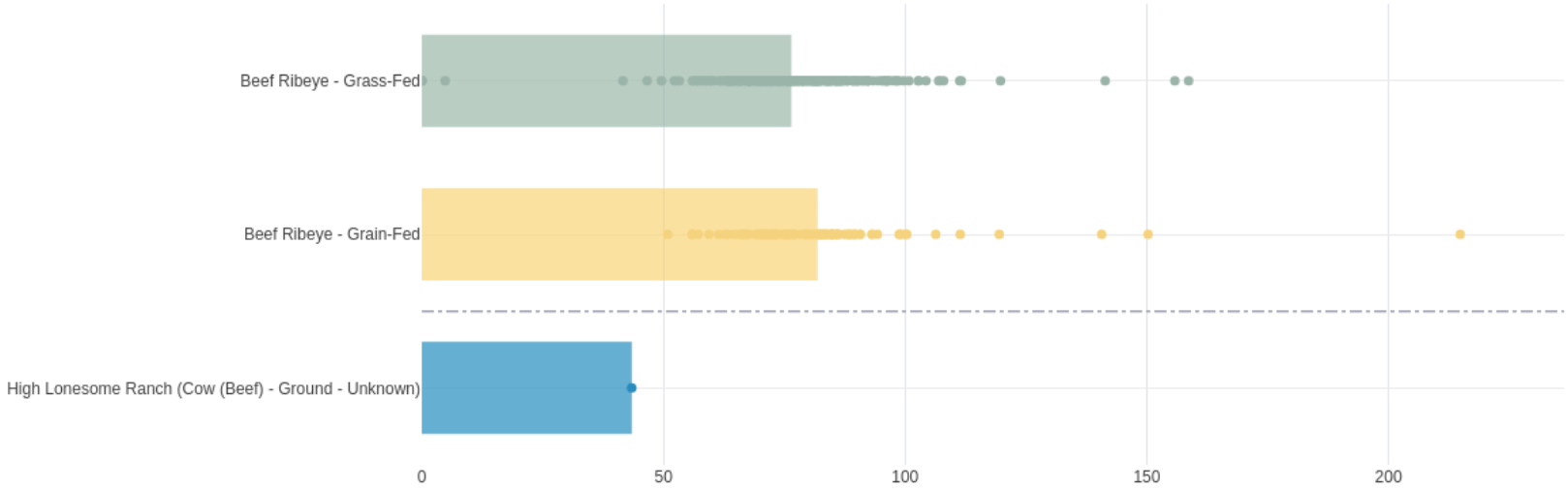
GROUP	MEAN
Client	43.440
Beef Ribeye - Grain-Fed (Cow (Beef))	81.876
Beef Ribeye - Grass-Fed (Cow (Beef))	76.456

Percent Different

Percent difference of each sample vs comparison group mean. Positive % = higher than comparison mean; negative % = lower.

SAMPLE	VALUE	VS BEEF RIBEYE - GRAIN-FED	VS BEEF RIBEYE - GRASS-FED
High Lonesome Ranch Ground Beef Composite July 2026	**43.440**	-46.9%	-43.2%

Cholesterol (mg/100g)



Additional Information: Cholesterol

Recommended Daily Value (RDA):

300 mg

Biological Effects:

A vital structural component of cell membranes, essential for maintaining fluidity and integrity, while also serving as a precursor for steroid hormones, bile acids, and vitamin D.

Moisture Content (%)

Quick Statistics

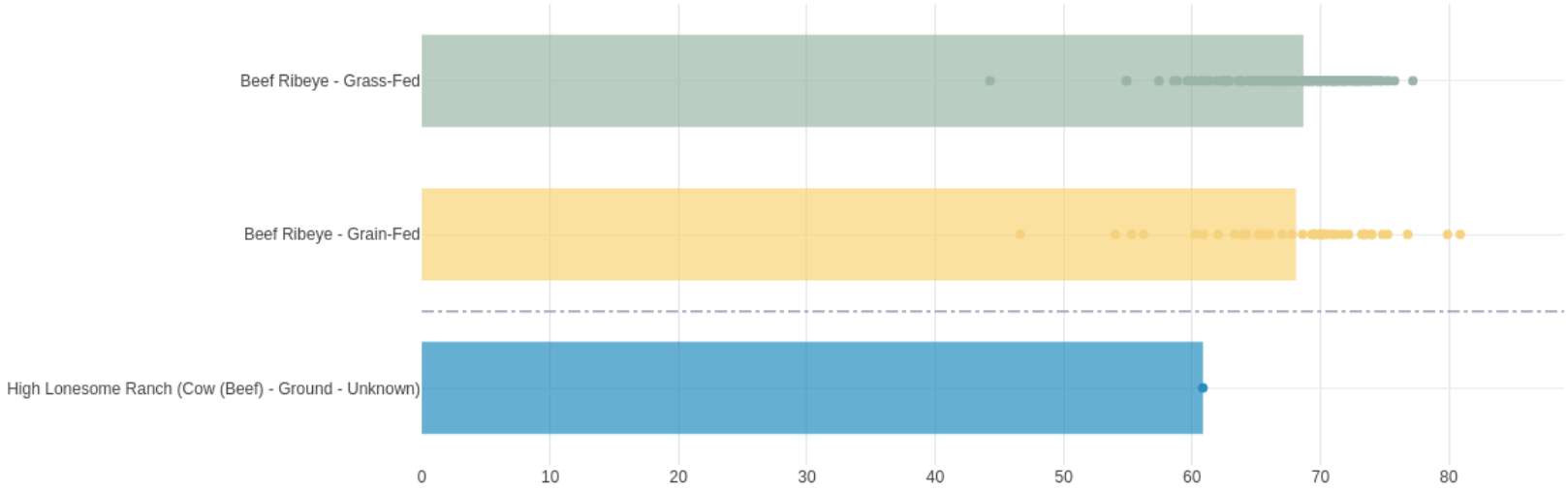
GROUP	MEAN
Client	60.850
Beef Ribeye - Grain-Fed (Cow (Beef))	68.093
Beef Ribeye - Grass-Fed (Cow (Beef))	68.667

Percent Different

Percent difference of each sample vs comparison group mean. Positive % = higher than comparison mean; negative % = lower.

SAMPLE	VALUE	VS BEEF RIBEYE - GRAIN-FED	VS BEEF RIBEYE - GRASS-FED
High Lonesome Ranch Ground Beef Composite July 2026	**60.850**	-10.6%	-11.4%

Moisture Content (%)



Additional Information: Moisture Content

Recommended Daily Value (RDA):	Biological Effects:
N/A	No biological effects data available