

Vitamin And Selenium Content Of Ribeye Cuts From Grass- And Grain-Finished Bison Of The Same Herd

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Abstract

Individual ribeye cuts from 10 grass- and 8 grain-finished bulls of the same herd were analyzed for vitamin and selenium content. Vitamin A, vitamin E, thiamin, vitamin B₆, vitamin B₁₂ and selenium concentrations of ribeye cuts from grass- and grain-finished bulls were similar. Vitamin C and folic acid levels were not detectable in ribeyes from both groups. Ribeyes from grass-finished bulls contained significantly higher quantities of β -carotene ($P < 0.0005$) and niacin ($P < 0.01$) and significantly lower ($P < 0.0001$) quantities of riboflavin than those from grain-finished bulls. Bison ribeyes from both groups were rich sources ($>20\%$ Daily Values) of vitamin B₁₂ and selenium and good sources (10–19% Daily Values) of thiamin, niacin and vitamin B₆.

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