



Goat vs. Lamb: Understanding the Meat Differences



Farming Practices

Goats are hardier and require less maintenance compared to sheep. They are also more versatile in terms of grazing and can eat a wider variety of plants. Lambs are more fragile and require more care to raise.

Nutritional Value

Goat meat is lower in fat and higher in protein compared to lamb meat. Goat meat also has lower cholesterol levels and is a great source of iron.

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Nutrients	Goat	Lamb
Calories(kcal)	122	175
Fat(g)	2.6	8.1
Saturated Fat(g)	0.79	2.9
Protein(g)	23	24
Cholesterol(mg)	63.8	78.2

Per 3 oz. of cooked meat

USDA Nutrient Database for Standard Reference, Release 14 (2001)

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Flavor and Texture

Goat meat has a stronger, gamey flavor and is tougher than lamb meat. Lamb meat is milder and more tender than goat meat due to its younger age.

While both goat and lamb meat have their unique flavors and textures, goat meat is generally leaner, more nutritious, and requires less resources to produce. Lamb meat is milder and more tender, making it a popular choice in Mediterranean dishes. Ultimately, the choice between the two meats comes down to personal preference and culinary use.

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