

Compare How are Horse meat and Steak different? Horse meat is richer in Vitamin B12, Iron, Phosphorus, and Copper, while Steak is higher in Selenium, Zinc, Vitamin B2, and Vitamin B6. Horse meat covers your daily need of Vitamin B12 40% more than Steak. Horse meat contains 2 times more Iron than Steak.



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## Horse meat - Wikipedia



Published: August 24, 2023 Share on: Animals Home All Animals Mammals Horse Horse Meat: The Pros and Cons of Eating Horse Meat - What You Need to Know Advertisement Horse meat is actually a significant part of the diet of many countries and cultures around the world.

## Horse Meat Vs Beef - What's The Difference And Should We Be Eating It .



Horse Meat Vs Beef

**WHAT'S THE DIFFERENCE**



By Chris Gayomali last updated January 08, 2015 Horse meat continues to turn up in beef products all over Europe. On Monday, Swedish furniture-maker Ikea announced that it was withdrawing its.

## Nutritional characteristics of horsemeat in comparison with those of .

HORSE MEAT

BEEF



5.03 mg	Iron	2.6 mg
247 mg	Phosphorus	198 mg
379 mg	Potassium	318 mg
68 mg	Cholesterol	88 mg
13.5 µg	Selenium	21.5 µg
3.82 mg	Zinc	6.31 mg
1.9 g	Saturated Fat	5.895 g
2.12 g	Monounsaturated Fat	6.668 g

The nutrient name is displayed in the color of the food we considered as 'winner'.

The amounts are specified per 100 gram of the product.

The infographic aims to display only the significant differences, ignoring minor ones.

The main source of information is USDA Food Composition Database.

It's not surprising, with most horses eating more grass than processed grain pellets, that their meat would be relatively low-fat. Ground beef is listed as having 18 grams of fat in total, with 7 grams of saturated fat and 1 gram of trans fat. Total cholesterol is 82 mg.

## **Why We Have Such Complicated Feelings About Eating Horses**



Horse meat is not only high in protein, but a good cut has about half the fat, less cholesterol and twice as much iron and Vitamin B as beef.

## **How Nutritious Is Horse? The Other Red Meat | KQED**

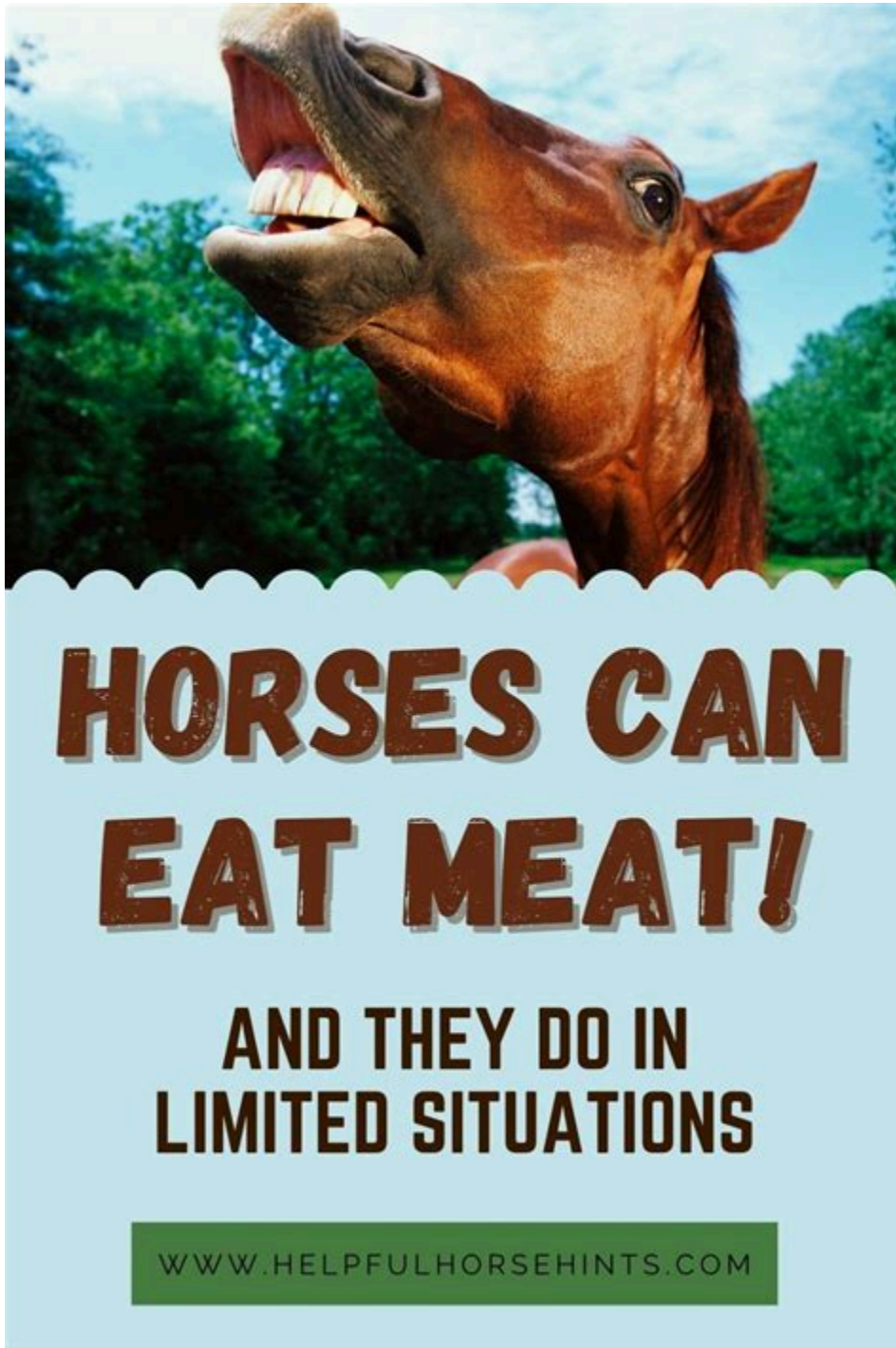


While horse meat might just be another red meat (an extremely popular food in America), horse meat raises some tricky ethical and philosophical issues that beef mostly evades. However,.

## HORSE MEAT VERSUS BEEF - Ban Horse Slaughter



But from the 1980s on, eating horse meat became even more of a cultural bogeymeat. Probably the most famous case of horse meat causing a scandal in the U. S. occurred in 1981, when a food producer .



Where the meats really differ is iron concentration, with horse meat having double the iron (21% vs 10% DV) that beef contains. It is not surprising that a more athletic animal has more iron, but the magnitude of the difference is striking. Horse meat also contains substantially more vitamin B12 (50% vs 21% DV), but less B6, niacin and folate.

## Why Don't We Eat Horse Meat? 4 Reasons Why - Horsey Hooves



Horse meat was the perfect replacement, being cheap and also healthier than beef. In Japan, from the 6th century to the 1860s, consumption of all four-legged animals was banned. However, with the rapid advancement of technology in the 1960s, when horses were not needed for transport, work or agriculture, they became a source of food.

# Horse meat vs. Beef ribs — In-Depth Nutrition Comparison - Food Struct

HORSE MEAT

BEEF



5.03 mg	Iron	2.6 mg
247 mg	Phosphorus	198 mg
379 mg	Potassium	318 mg
68 mg	Cholesterol	88 mg
13.5 µg	Selenium	21.5 µg
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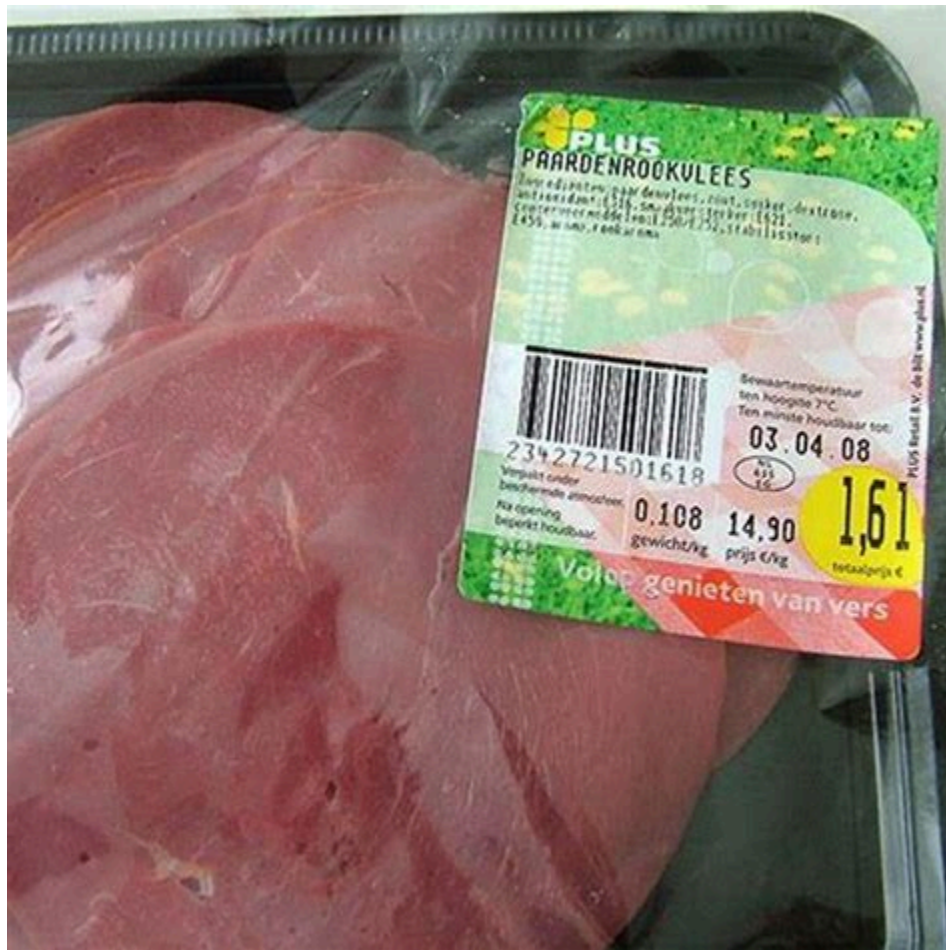
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Why horsemeat is better than beef It's usually free-range, a good source of iron and produces less methane than beef. And insects are even better Andrew Bodey Thu 28 Mar 2013 07. 01 EDT 6 Across.

### 6 descriptions of what horse meat actually tastes like



Horse meat vs. Roast beef — In-Depth Nutrition Comparison. Compare Horse meat to Roast beef by vitamins and minerals using the only readable nutrition comparison tool.

# Beef vs. Horse meat — In-Depth Nutrition Comparison - Food Struct

HORSE MEAT

BEEF



5.03 mg	Iron	2.6 mg
247 mg	Phosphorus	198 mg
379 mg	Potassium	318 mg
68 mg	Cholesterol	88 mg
13.5 µg	Selenium	21.5 µg
3.82 mg	Zinc	6.31 mg
1.9 g	Saturated Fat	5.895 g
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Beef is higher in Zinc, Selenium, and Monounsaturated Fat, however, Horse meat is richer in Iron, Vitamin B12, Copper, and Phosphorus. Daily need coverage for Iron from Horse meat is 30% higher. Beef contains 3 times more Monounsaturated Fat than Horse meat. While Beef contains 6.668g of Monounsaturated Fat, Horse meat contains only 2.12g.

# Horse meat vs. Roast beef — In-Depth Nutrition Comparison - Food Struct

HORSE MEAT

BEEF



5.03 mg	Iron	2.6 mg
247 mg	Phosphorus	198 mg
379 mg	Potassium	318 mg
68 mg	Cholesterol	88 mg
13.5 µg	Selenium	21.5 µg
3.82 mg	Zinc	6.31 mg
1.9 g	Saturated Fat	5.895 g
2.12 g	Monounsaturated Fat	6.668 g

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Nutrition Horse meat has a slightly sweet taste reminiscent of beef. Many consumers allege not being able to tell the difference between beef and horse meat.

### **Why you really should (but really can't) eat horsemeat | Meat industry .**



Horse meat covers your daily Iron needs 38% more than Beefsteak. Beefsteak contains 4 times less Polyunsaturated fat than Horse meat. Horse meat contains 0. 85g of Polyunsaturated fat, while Beefsteak contains 0. 189g. Food varieties used in this article are Game meat, horse, cooked, roasted and Beef, loin, top sirloin cap steak, boneless .

# Horse meat vs. Beef — In-Depth Nutrition Comparison - Food Struct

HORSE MEAT

BEEF



5.03 mg	Iron	2.6 mg
247 mg	Phosphorus	198 mg
379 mg	Potassium	318 mg
68 mg	Cholesterol	88 mg
13.5 µg	Selenium	21.5 µg
3.82 mg	Zinc	6.31 mg
1.9 g	Saturated Fat	5.895 g
2.12 g	Monounsaturated Fat	6.668 g

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Last updated: 03/16/2022 This post may contain affiliate links. We earn from qualifying purchases.  
[Learn More](#) Whenever the topic of horsemeat comes up, the worldwide equestrian community frowns with revulsion. However, in human history, horses were originally valued for their meat both before and after domestication.

# Horse meat vs. Steak — In-Depth Nutrition Comparison - Food Struct

HORSE MEAT

STEAK



5.03 mg	Iron	2.4 mg
247 mg	Phosphorus	163 mg
3.16 µg	Vitamin B12	2.2 µg
379 mg	Potassium	279 mg
3.82 mg	Zinc	6.34 mg
13.5 µg	Selenium	31.8 µg
2.12 g	Monounsaturated Fat	9.171 g
1.9 g	Saturated Fat	8.443 g

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Last week a horse abattoir in Yorkshire, Peter Boddy, was raided along with a Welsh meat trading company. Three men have been arrested on suspicion of offences under the Fraud Act. The Peter Boddy

# Horse meat vs. Beefsteak — In-Depth Nutrition Comparison - Food Struct

HORSE MEAT

BEEF



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Given that screening meat needs to be quick and inexpensive, the research team discovered that a couple of minutes of shaking about a gram of meat in a solvent, followed by a few minutes of data acquisition on Pulsar, was enough to tell horsemeat from beef. The software to carry out the mathematical analysis of the data was developed at IFR.

## **Horsemeat scandal: the essential guide**



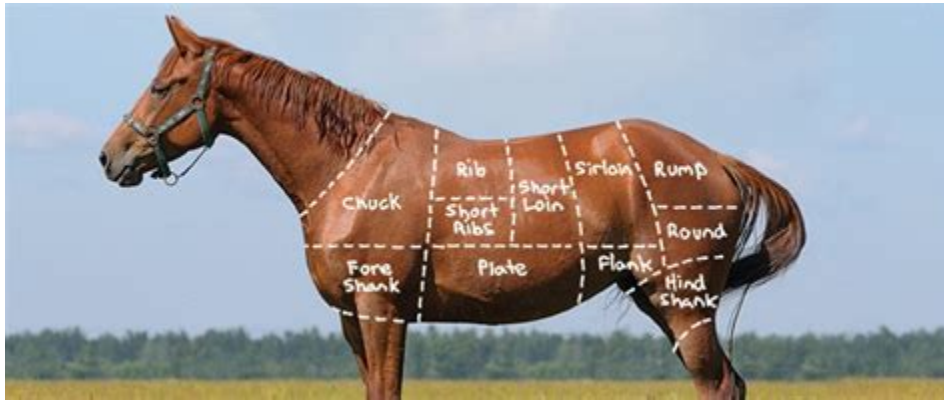
By Dave McQuilling / April 28, 2023 10:52 am EST Many people eat meat, but even amongst committed carnivores, the muscle tissue of some animals seems to be off-limits. Horse meat is one of.

## **Why horsemeat is better than beef - The Guardian**



Some kinds of animal protein do just fine being cooked either way, but a few more can only be cooked effectively using one of the two methods. A good rule of thumb is that any cut of tough meat .

## Horse Meat: The Pros and Cons of Eating Horse Meat - What You Need to .



Beef ribs' daily need coverage for Saturated Fat is 52% more. Horse meat has 2 times more Iron than Beef ribs. While Horse meat has 5.03mg of Iron, Beef ribs have only 2.33mg. The amount of Cholesterol in Horse meat is lower. We used Game meat, horse, cooked, roasted and Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat .

### New Test to Distinguish Horsemeat from Beef | Horse Journals



Mar 16, 2021 WHAT'S THE DIFFERENCE BETWEEN EATING HORSE MEAT VERSUS CHICKEN, PORK, LAMB OR BEEF? That is a fair question and one that those of us dedicated to ending the slaughter of horses in Canada and beyond, for human consumption, are frequently asked.

## Horse Meat Tastes Exactly Like Beef And I Bet You Couldn't Tell The .



Horsemeat had similar levels of protein (21.1 vs 21.0 or 21.1%) and lower levels of fat (6.0 vs 14.1 or 16.1%) compared with beef or pork, respectively. Horsemeat had much higher levels of palmitoleic (8.2 vs 4.4 or 3.3%) and  $\alpha$ -linolenic (1.4 vs 0.1 or 0.6%) acids than beef or pork, respectively.

### 10 Facts You Need To Know About Horse Meat - Tasting Table



Horses are considered a delicacy in countries around the world, from Italy to China to Iceland, but Americans just can't seem to stomach the idea, even though many areas of arable public lands are.

## All About Horse Meat: History, Flavor, and Where It's Eaten - Chef's Pencil



Compare How are Horse meat and Beef different? Horse meat is higher in Iron, Vitamin B12, Copper, and Phosphorus, however, Beef is richer in Zinc, Selenium, and Monounsaturated Fat. Daily need coverage for Iron from Horse meat is 30% higher. Horse meat contains 2 times more Copper than Beef.

- <https://colab.research.google.com/drive/1h1obg66jNm9tTEsIeUCaL668pUPpBNjG>
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