

## Ground Beef vs Ground Turkey (vsdiff.com)

| Feature                         | Ground Beef                                      | Ground Turkey   |
|---------------------------------|--|---|
| <b>Typical fat range</b>        | ~10%-30% (depends on cut)                        | ~7%-20% (light vs. dark blends)                                   |
| <b>Calories (per 100g, raw)</b> | ~200-300 kcal                                    | ~140-190 kcal   |
| <b>Food-safety focus</b>        | E. coli, <i>Salmonella</i> risk when undercooked | <i>Salmonella</i> , <i>Campylobacter</i> — poultry-specific risks |
| <b>USDA recommended temp</b>    | 160°F (≈71°C)                                    | 165°F (≈74°C)   |
| <b>Culinary traits</b>          | Richer flavor, more fat-dependent juiciness      | Leaner, milder flavor, often drier unless complemented            |

Source: <https://vsdiff.com/ground-beef-vs-ground-turkey/>