



CHOOSING THE RIGHT GROUND BEEF: A Quick Guide to Flavor, Fat, & Function

Find the perfect ground beef blend for any meal—whether you’re grilling burgers, simmering chili, or prepping lean, wholesome meals.



GRIND TYPE	FAT RATIO	CALORIES (4 OZ)	TEXTURE AND FLAVOR	PROTEIN (4 OZ)	BEST FOR
Chuck	80/20	287	Juicy, beefy	19.4 grams	Burgers, meatballs
Round	85/15	243	Lean, firm	21 grams	Tacos, pastas
Sirloin	90/10	199	Leanest, drier	22.6 grams	Stews, salads

Which Should I Choose?



Chuck = Burger Boss



Round = Meal Prep MVP



Sirloin = Lean Machine

Ground Beef Benefits



10 essential nutrients



High protein



Great source of iron, B12, and zinc



ANGUS
GENETICS



NO ANTIBIOTICS, EVER
NO ADDED HORMONES



BORN, RAISED,
AND HARVESTED
IN THE USA

For more information, please visit our website at **AspenRidgeBeef.com**

*Natural is defined as minimally processed, with no artificial ingredients.

Why Aspen Ridge sources: JBS Proprietary Research 2020, 2021.