



Bison Pie

READY IN



25 min.

SERVINGS



6

CALORIES



408 kcal

Ingredients

- 0.8 cup peas sweet frozen thawed (from 12-oz bag)
- 1 cup beef broth (from 32-oz carton)
- 2 tablespoons butter
- 0.5 cup carrots chopped
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped
- 1.5 lb ground round
- 1 tablespoon olive oil
- 1.5 cups onion chopped
- 0.5 teaspoon pepper

- 24 oz potatoes refrigerated mashed
- 0.5 teaspoon salt
- 0.3 cup cream sour

Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- Set oven control to broil. Spray 3-quart heatproof casserole with cooking spray. In 12-inch skillet, heat oil over medium-high heat. Cook bison, onion and carrot in oil 8 to 10 minutes, stirring occasionally, until meat is thoroughly cooked; drain.
- Meanwhile, in 2-quart saucepan, melt butter over medium-low heat. Stir in flour, salt and pepper. Cook and stir until mixture is smooth and bubbly. Gradually add broth, stirring constantly, until mixture boils and thickens.
- Add peas; cook until hot. Stir into meat mixture. Spoon into casserole.
- Cook mashed potatoes as directed on package. In medium bowl, mix potatoes, sour cream and parsley. Spoon over meat mixture. Broil with top about 6 inches from heat 5 to 6 minutes or until potatoes are golden brown.

Nutrition Facts



Properties

Glycemic Index:56.82, Glycemic Load:17.78, Inflammation Score:-9, Nutrition Score:23.419130543004%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.21mg, Myricetin:

0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg, Quercetin: 8.94mg

Nutrients (% of daily need)

Calories: 407.91kcal (20.4%), Fat: 19.66g (30.24%), Saturated Fat: 6.79g (42.41%), Carbohydrates: 29.78g (9.93%), Net Carbohydrates: 25.12g (9.13%), Sugar: 4.46g (4.96%), Cholesterol: 79.36mg (26.45%), Sodium: 481.96mg (20.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.54g (55.08%), Vitamin A: 2263.56IU (45.27%), Vitamin B6: 0.86mg (42.87%), Vitamin B12: 2.56µg (42.65%), Vitamin C: 35.05mg (42.48%), Zinc: 6.14mg (40.97%), Vitamin B3: 7.97mg (39.83%), Phosphorus: 325.49mg (32.55%), Vitamin K: 32.82µg (31.26%), Selenium: 21.19µg (30.28%), Potassium: 1026.05mg (29.32%), Iron: 4.11mg (22.84%), Fiber: 4.66g (18.64%), Manganese: 0.37mg (18.6%), Vitamin B2: 0.29mg (17.31%), Magnesium: 63.43mg (15.86%), Vitamin B1: 0.24mg (15.74%), Folate: 54.41µg (13.6%), Copper: 0.27mg (13.3%), Vitamin B5: 1.17mg (11.7%), Vitamin E: 1.01mg (6.71%), Calcium: 61.04mg (6.1%)