



Bison Steak with Poblano Mole



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon almonds toasted sliced finely chopped
- ☐ 0.5 teaspoon ancho chile powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon chipotle chile canned chopped
- ☐ 1 tablespoon pumpkinseed kernels unsalted toasted
- ☐ 0.5 6-inch corn tortilla ()
- ☐ 0.3 ounce chocolate dark chopped
- ☐ 0.3 cup fire-roasted tomatoes diced with green chiles (such as muir glen)

- ☐ 1 pound bison flank steak
- ☐ 0.3 cup cilantro leaves fresh finely chopped
- ☐ 1 garlic clove crushed
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup less-sodium beef broth fat-free
- ☐ 1 cup less-sodium beef broth fat-free
- ☐ 0.5 teaspoon olive oil
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup poblano chile seeded chopped
- ☐ 0.8 cup rice long-grain uncooked
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 2 tomatillos
- ☐ 1 tablespoon tomato paste
- ☐ 0.5 cup water

Equipment

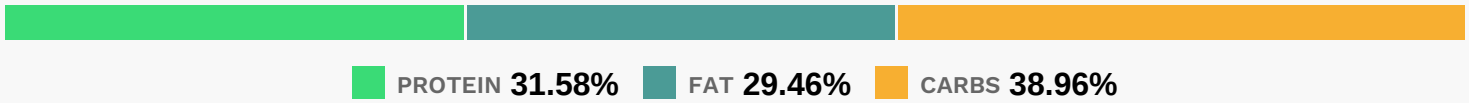
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ grill pan

Directions

- ☐ Heat 1 tablespoon oil in a small saucepan over medium heat.
- ☐ Add 1/3 cup onion to pan; cook 3 minutes or until tender. Stir in rice; cook 4 minutes, stirring frequently.

- ☐ Add tomato paste, cumin, and 1/4 teaspoon salt; cook 1 minute, stirring constantly. Stir in 1 cup broth and 1/2 cup water; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is tender.
- ☐ Remove from heat; stir in cilantro. Keep warm.
- ☐ Discard husks and stems from tomatillos; chop.
- ☐ Heat 1/2 teaspoon oil in a large saucepan over medium heat.
- ☐ Add poblano, 1/4 cup onion, and tomatillos; cook 10 minutes, stirring occasionally. Stir in chile powder, 1/4 teaspoon cumin, salt, and garlic; cook 1 minute. Stir in tomatoes, 1/4 cup broth, chipotle, and tortilla; cook 5 minutes. Reduce heat; simmer 6 minutes or until vegetables are tender.
- ☐ Add chocolate, stirring until melted; remove from heat. Stir in almonds and pumpkinseeds.
- ☐ Place mixture in blender.
- ☐ Remove center piece of blender lid; secure lid on blender.
- ☐ Place a towel over opening in lid. Blend until smooth. Keep warm.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle steak with 1/4 teaspoon salt and black pepper.
- ☐ Add steak to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Let stand 5 minutes.
- ☐ Cut crosswise into thin slices.

Nutrition Facts



Properties

Glycemic Index:89.42, Glycemic Load:18.36, Inflammation Score:-5, Nutrition Score:19.068695648857%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Apigenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 384.15kcal (19.21%), Fat: 12.43g (19.12%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 34.24g (12.45%), Sugar: 3.7g (4.11%), Cholesterol: 68.09mg (22.7%), Sodium: 468.66mg (20.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.95%), Selenium: 39.76µg (56.8%), Vitamin B6: 0.86mg (43.14%), Vitamin B3: 8.53mg (42.63%), Zinc: 5.1mg (34.01%), Phosphorus: 325.17mg (32.52%), Manganese: 0.64mg (32.07%), Potassium: 814.12mg (23.26%), Iron: 3.25mg (18.06%), Vitamin C: 14.53mg (17.62%), Vitamin B12: 1.04µg (17.28%), Magnesium: 60.48mg (15.12%), Copper: 0.3mg (14.81%), Vitamin E: 2.15mg (14.35%), Vitamin B2: 0.22mg (12.99%), Vitamin B5: 1.21mg (12.09%), Fiber: 2.74g (10.97%), Vitamin K: 11.07µg (10.54%), Vitamin B1: 0.16mg (10.42%), Folate: 29.55µg (7.39%), Calcium: 67.38mg (6.74%), Vitamin A: 288.3IU (5.77%)