



Bison Stew

 Dairy Free

READY IN

ready

105 min.

SERVINGS

servings

6

CALORIES

calories

82 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds bison meat cut into 1-inch cubes
- ☐ 8 ounce tomato sauce canned
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup celery minced
- ☐ 2 tablespoons flour
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black

- ☐ 0.3 teaspoon ground thyme
- ☐ 4 cups chicken broth low-sodium
- ☐ 1 cup water
- ☐ 2 tablespoons white wine
- ☐ 1 cup onion yellow minced

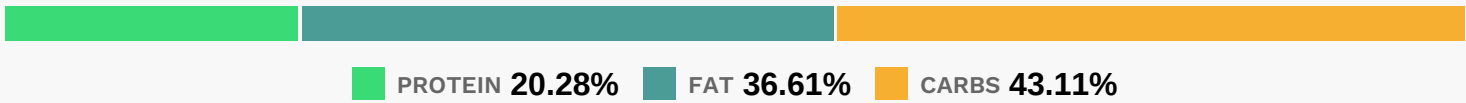
Equipment

- ☐ dutch oven

Directions

- ☐ Heat 2 tablespoons canola oil in a Dutch oven over medium-high heat; brown the bison in oil, 2 to 3 minutes per side; remove bison and set aside.
- ☐ Pour 1 tablespoon canola oil into the Dutch oven; cook and stir the onion and celery in the oil until soft, about 5 minutes.
- ☐ Add the garlic; cook and stir another 2 to 3 minutes.
- ☐ Sprinkle the flour over the mixture and stir to coat. Stir in the broth, water, wine, salt, pepper, cloves, tomato sauce, parsley, and thyme to the mixture; bring to a boil. Return the bison to the mixture and stir through. Reduce heat; cover and simmer until meat is fork tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:2.76, Inflammation Score:-5, Nutrition Score:6.0686956799549%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3.12mg, Apigenin: 3.12mg, Apigenin: 3.12mg, Apigenin: 3.12mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.22mg, Myricetin:

0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 82.42kcal (4.12%), Fat: 3.48g (5.35%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 7.88g (2.86%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 237.41mg (10.32%), Alcohol: 0.51g (100%), Alcohol %: 0.15% (100%), Protein: 4.34g (8.68%), Vitamin K: 28.19µg (26.85%), Vitamin B3: 2.77mg (13.85%), Potassium: 328.56mg (9.39%), Vitamin C: 6.99mg (8.47%), Copper: 0.15mg (7.74%), Manganese: 0.15mg (7.49%), Phosphorus: 73.41mg (7.34%), Vitamin E: 1mg (6.65%), Vitamin A: 316.9IU (6.34%), Iron: 1.06mg (5.91%), Vitamin B2: 0.1mg (5.87%), Vitamin B6: 0.11mg (5.45%), Fiber: 1.35g (5.38%), Folate: 18.32µg (4.58%), Magnesium: 13.57mg (3.39%), Vitamin B1: 0.05mg (3.1%), Calcium: 28.27mg (2.83%), Vitamin B12: 0.16µg (2.62%), Zinc: 0.35mg (2.36%), Selenium: 1.4µg (2%), Vitamin B5: 0.2mg (1.97%)