



Mexican Bison Bake with Cilantro-Lime Cream

READY IN



55 min.

SERVINGS



6

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce black beans rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1 teaspoon chili powder
- 1 tablespoon cilantro leaves fresh chopped
- 2 cloves garlic minced
- 1 tablespoon green onion sliced
- 3 tablespoons green onions sliced
- 1 pound ground bison
- 1 teaspoon ground cumin

- 0.5 teaspoon lime zest shredded finely
- 1 teaspoon oregano dried
- 6 ounces penne pasta dried
- 0.8 cup salsa
- 0.5 cup cheddar cheese shredded
- 0.7 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F. Cook pasta according to package directions; drain. Cover and keep warm.
- Meanwhile, cook ground bison and garlic over medium heat in a large skillet until meat is brown.
- Drain off fat.
- Stir cooked pasta into the cooked, drained ground bison in the skillet. Stir in beans, undrained tomatoes, salsa, oregano, cumin, and chili powder.
- Transfer mixture to an ungreased 2-quart baking dish or casserole.
- Bake, uncovered, for 30 minutes or until heated through.
- Sprinkle with tortilla chips (if using) and cheese.
- Bake, uncovered, for 5 more minutes or until cheese is melted.
- Sprinkle with the 1 tablespoon green onion and serve with Cilantro-Lime Cream.
- Combine sour cream, the 3 tablespoons green onions, the cilantro, and lime zest in a small bowl. Cover and chill until ready to serve.

Nutrition Facts



■ PROTEIN 16.64% ■ FAT 27.21% ■ CARBS 56.15%

Properties

Glycemic Index:45.83, Glycemic Load:10.14, Inflammation Score:-8, Nutrition Score:15.379565088645%

Flavonoids

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 295.95kcal (14.8%), Fat: 9.2g (14.15%), Saturated Fat: 4.58g (28.6%), Carbohydrates: 42.69g (14.23%), Net Carbohydrates: 34.58g (12.58%), Sugar: 6.06g (6.74%), Cholesterol: 24.49mg (8.16%), Sodium: 653.95mg (28.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.65g (25.31%), Selenium: 23.42µg (33.46%), Fiber: 8.11g (32.43%), Manganese: 0.65mg (32.39%), Phosphorus: 231.23mg (23.12%), Copper: 0.39mg (19.36%), Potassium: 637.52mg (18.21%), Iron: 3.26mg (18.08%), Calcium: 169.86mg (16.99%), Magnesium: 67.2mg (16.8%), Folate: 65.61µg (16.4%), Vitamin K: 16.58µg (15.79%), Vitamin B2: 0.24mg (14.29%), Vitamin A: 712.99IU (14.26%), Vitamin B6: 0.28mg (14.16%), Vitamin B1: 0.2mg (13.54%), Vitamin C: 10.23mg (12.4%), Vitamin B3: 2.25mg (11.25%), Vitamin E: 1.68mg (11.17%), Zinc: 1.53mg (10.2%), Vitamin B5: 0.65mg (6.49%), Vitamin B12: 0.15µg (2.56%)