



## Mexican Bison Bake with Cilantro-Lime Cream

READY IN



55 min.

SERVINGS



6

CALORIES



341 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
- 0.5 cup tortilla chips crushed

## 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 15.21% FAT 28.69% CARBS 56.1%

## Properties

Glycemic Index:45.83, Glycemic Load:10.14, Inflammation Score:-8, Nutrition Score:16.190869554229%

## 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: 341.18kcal (17.06%), Fat: 11.18g (17.2%), Saturated Fat: 4.84g (30.28%), Carbohydrates: 49.19g (16.4%), Net Carbohydrates: 40.56g (14.75%), Sugar: 6.14g (6.82%), Cholesterol: 24.49mg (8.16%), Sodium: 685.39mg (29.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.67%), Fiber: 8.63g (34.5%), Selenium: 23.84µg (34.06%), Manganese: 0.65mg (32.39%), Phosphorus: 252.79mg (25.28%), Copper: 0.4mg (19.82%), Iron: 3.4mg (18.89%), Magnesium: 75.25mg (18.81%), Potassium: 654.96mg (18.71%), Calcium: 180.01mg (18%), Vitamin K: 18.58µg (17.7%), Folate: 66.76µg (16.69%), Vitamin B6: 0.3mg (15.01%), Vitamin B2: 0.25mg (14.69%), Vitamin B1: 0.22mg (14.44%), Vitamin A: 713.28IU (14.27%), Vitamin E: 2.01mg (13.43%), Vitamin C: 10.23mg (12.4%), Vitamin B3: 2.33mg (11.65%), Zinc: 1.66mg (11.08%), Vitamin B5: 0.76mg (7.63%), Vitamin B12: 0.15µg (2.56%)