



Ranch Bison Burger

READY IN



45 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon chili powder
- ☐ 1 pound frangelico lean
- ☐ 1 small jalapeno diced finely
- ☐ 1 teaspoon lime zest grated plus more for garnish
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces sharp cheddar cheese divided
- ☐ 4 portugese rolls split

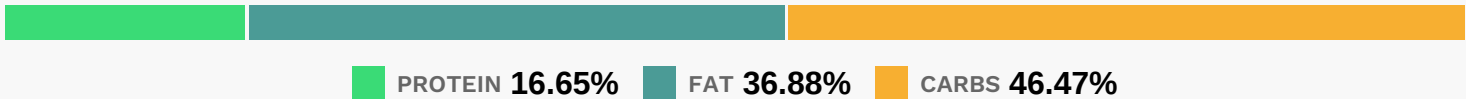
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Cut 2 ounces cheddar into 1/4-inch dice; grate remaining2 ounces cheddar. In a bowl, combine diced cheddar, bison,jalapeño, zest, chili powder, salt and pepper. Form bisonmixture into four 3/4-inch-thick patties. Coat a grill rackor grill pan with cooking spray; heat over medium-highheat. Cook patties 5 minutes; flip and top each with 1/4 ofgrated cheddar; grill until internal temperaturereaches 160°F, about 5 minutes.
- ☐ Place a pattyon bottom of each roll.
- ☐ Garnish with zestand onion, lettuce, pickled jalapeñoand ranch dressing, if desired. Topwith other half of roll.
- ☐ *Can't find bison at your supermarket? Try Tony Little Body by Bison, available at HSN.com.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:23.22, Inflammation Score:-4, Nutrition Score:7.1891304280447%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 291.79kcal (14.59%), Fat: 11.93g (18.35%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 33.82g (11.27%), Net Carbohydrates: 32.44g (11.79%), Sugar: 4.61g (5.13%), Cholesterol: 28.35mg (9.45%), Sodium: 776.95mg (33.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.23%), Iron: 10.81mg (60.05%), Calcium: 209.79mg (20.98%), Phosphorus: 132.54mg (13.25%), Selenium: 8.15µg (11.64%), Vitamin A: 470.98IU (9.42%),

Vitamin B2: 0.13mg (7.79%), Zinc: 1.07mg (7.13%), Fiber: 1.38g (5.53%), Vitamin C: 4.3mg (5.21%), Vitamin B12: 0.3µg (5.01%), Vitamin E: 0.53mg (3.54%), Magnesium: 9.18mg (2.29%), Vitamin B6: 0.05mg (2.26%), Vitamin K: 2.06µg (1.97%), Folate: 7.1µg (1.77%), Manganese: 0.03mg (1.57%), Vitamin B5: 0.14mg (1.35%), Potassium: 42.49mg (1.21%), Vitamin D: 0.17µg (1.13%)