



Roast Loin of Bison with Shiitake Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds bison loin trimmed of fat see Notes
- ☐ 2 tablespoons butter
- ☐ 0.5 cup flat-leaf parsley divided chopped
- ☐ 0.3 teaspoon rosemary fresh chopped
- ☐ 0.3 teaspoon sage fresh chopped
- ☐ 0.3 teaspoon thyme leaves fresh chopped
- ☐ 2 teaspoons garlic divided minced
- ☐ 0.3 cup heavy cream

- ☐ 1 teaspoon juniper berries
- ☐ 8 servings kosher salt
- ☐ 2 teaspoons orange zest grated
- ☐ 1 pound mushroom caps stemmed cleaned cut in half

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

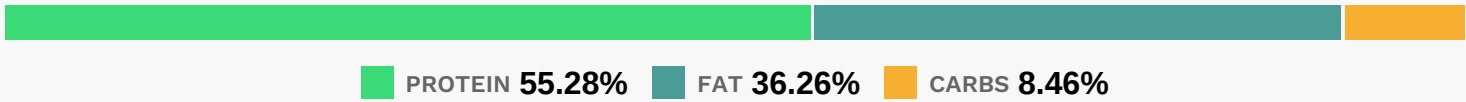
Directions

- ☐ Using butcher's twine, tie loin at 1-in. intervals and transfer it to a baking sheet fitted with a metal cooling rack. In a small bowl, combine orange zest, thyme, rosemary, sage, 1/2 cup parsley, juniper berries, and 1 tsp. garlic and pat all over loin. Refrigerate at least 2 hours and up to 1 day.
- ☐ Preheat oven to 35
- ☐ Roast loin on middle rack of oven until rare, 30 to 40 minutes (125 on a meat thermometer).
- ☐ Remove from oven and let rest, covered with foil, 15 minutes.
- ☐ Melt 1 tbsp. butter in a large frying pan over medium heat.
- ☐ Add mushrooms and cook until they have stopped giving off liquid and start to brown. Using a wooden spoon, move mushrooms to side of pan. In center of pan, melt remaining 1 tbsp. butter. Quickly stir in remaining 1 tsp. garlic and 2 tbsp. parsley, then combine with mushrooms, stirring occasionally and being careful not to burn the garlic. Stir in cream and salt to taste.

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Remove twine and lightly salt meat. Slice very thin and serve with mushrooms.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:19.643043616544%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 234.77kcal (11.74%), Fat: 9.34g (14.37%), Saturated Fat: 4.77g (29.82%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.28g (1.19%), Sugar: 1.61g (1.79%), Cholesterol: 116.57mg (38.86%), Sodium: 297.95mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.04g (64.09%), Vitamin K: 62µg (59.04%), Selenium: 39.18µg (55.98%), Vitamin B12: 3.28µg (54.63%), Zinc: 5.48mg (36.52%), Phosphorus: 359.92mg (35.99%), Vitamin B6: 0.55mg (27.49%), Iron: 4.76mg (26.46%), Vitamin B3: 5.12mg (25.62%), Copper: 0.5mg (24.96%), Potassium: 680.68mg (19.45%), Vitamin B2: 0.28mg (16.53%), Magnesium: 48.34mg (12.08%), Vitamin A: 522.18IU (10.44%), Vitamin B5: 0.9mg (8.96%), Manganese: 0.18mg (8.91%), Vitamin C: 6.05mg (7.33%), Fiber: 1.62g (6.49%), Vitamin B1: 0.08mg (5.3%), Folate: 13.68µg (3.42%), Vitamin D: 0.35µg (2.31%), Calcium: 22.1mg (2.21%), Vitamin E: 0.25mg (1.67%)