



## Southwestern Spice-Rubbed Bison Tenderloin

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



149 kcal

SEASONING

MARINADE

### Ingredients

- 1.5 teaspoons ancho chile powder
- 2 pound chateaubriand-cut bison tenderloin
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon canola oil
- 0.3 teaspoon celery seeds
- 1 teaspoon brown sugar dark
- 0.3 teaspoon garlic powder
- 1 teaspoon ground cumin

- 1 tablespoon juice of lime fresh
- 0.5 teaspoon oregano dried
- 0.5 teaspoon salt

## Equipment

- bowl
- oven
- roasting pan
- kitchen thermometer
- kitchen twine

## Directions

- Combine first 9 ingredients in a small bowl.
- Place bison on a dish; drizzle with juice. Rub spice mixture over bison. Cover and refrigerate 1 hour.
- Preheat oven to 42
- Let bison stand at room temperature 15 minutes. Secure bison at 2-inch intervals with twine.
- Place bison in a small roasting pan coated with cooking spray.
- Bake at 425 for 25 minutes or until a thermometer registers 115 or until desired degree of doneness (temperature will continue to rise as roast stands).
- Remove from oven; let stand 20 minutes before slicing.

## Nutrition Facts



## Properties

Glycemic Index:5.88, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:10.230434776324%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg,

Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 149.17kcal (7.46%), Fat: 4.61g (7.09%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.56g (0.62%), Cholesterol: 80.51mg (26.84%), Sodium: 210.14mg (9.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.42g (48.84%), Vitamin B12: 2.61µg (43.47%), Selenium: 28.6µg (40.86%), Zinc: 3.9mg (25.98%), Phosphorus: 233.97mg (23.4%), Iron: 3.73mg (20.73%), Vitamin B6: 0.31mg (15.37%), Vitamin B3: 2.36mg (11.78%), Potassium: 399.78mg (11.42%), Copper: 0.19mg (9.32%), Magnesium: 29.79mg (7.45%), Vitamin B2: 0.12mg (6.81%), Vitamin B1: 0.05mg (3.67%), Vitamin E: 0.54mg (3.63%), Manganese: 0.06mg (3.03%), Vitamin K: 2.65µg (2.52%), Vitamin A: 121.54IU (2.43%), Calcium: 13.73mg (1.37%), Fiber: 0.26g (1.06%)