



## Sumac-Dusted Bison with Chanterelle Sauce and Beets

READY IN



45 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

### Ingredients

- ☐ 3 pounds baby beets
- ☐ 4 ounce bison tenderloin steaks ( 3/)
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon bourbon
- ☐ 1 tablespoon butter chilled cut into small pieces
- ☐ 2 tablespoons canola oil divided
- ☐ 2 teaspoons canola oil

- ☐ 2 cups chanterelles fresh sliced
- ☐ 1 teaspoon flour all-purpose
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 1 small garlic clove minced
- ☐ 1 tablespoon ground sumac
- ☐ 2 cups less-sodium beef broth fat-free
- ☐ 0.5 teaspoon olive oil extra-virgin
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 1 tablespoon tomato paste
- ☐ 0.3 cup water
- ☐ 2 teaspoons water

## Equipment

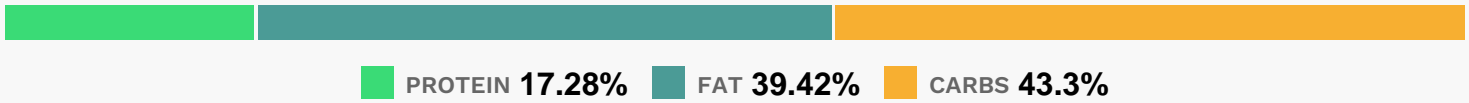
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ broiler pan

## Directions

- ☐ Preheat oven to 35
- ☐ To prepare beets, leave root and 1-inch stem on beets; scrub with a brush.
- ☐ Place in a 13 x 9inch baking dish; add 1/4 cup water. Cover and bake at 350 for 45 minutes or until tender.
- ☐ Drain; cool slightly. Trim off roots; rub off skins.

- ☐ Cut each beet in half lengthwise; place in a bowl.
- ☐ Drizzle with olive oil; sprinkle evenly with 1/8 teaspoon salt and 1/8 teaspoon pepper, tossing gently to coat.
- ☐ To prepare bison, sprinkle both sides of bison with 1/2 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of bison to pan; cook 2 minutes on each side or until browned. Repeat procedure with remaining bison and 1 tablespoon oil.
- ☐ Place bison on a broiler pan; sprinkle with sumac.
- ☐ Bake at 350 for 8 minutes or until desired degree of doneness.
- ☐ To prepare sauce, heat 2 teaspoons canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms, shallots, 1/4 teaspoon salt, 1/8 teaspoon pepper, and garlic; saut for 4 minutes or until tender.
- ☐ Add tomato paste; cook 1 minute, stirring frequently.
- ☐ Add broth, parsley, bourbon, and thyme; bring to a boil. Reduce heat; simmer for 5 minutes.
- ☐ Combine flour and 2 teaspoons water; add flour mixture to mushroom mixture. Bring to a boil over medium heat; cook 1 minute, stirring constantly.
- ☐ Remove from heat. Gradually add butter to mushroom mixture, stirring until butter melts.
- ☐ Serve sauce with bison and beets.

## Nutrition Facts



## Properties

Glycemic Index:56.25, Glycemic Load:7.75, Inflammation Score:-7, Nutrition Score:11.840434696363%

## Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

## Nutrients (% of daily need)

Calories: 166.7kcal (8.34%), Fat: 7.4g (11.38%), Saturated Fat: 1.63g (10.18%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 12.78g (4.65%), Sugar: 12.01g (13.34%), Cholesterol: 12.83mg (4.28%), Sodium: 534.1mg (23.22%), Alcohol: 0.63g (100%), Alcohol %: 0.28% (100%), Protein: 7.3g (14.59%), Folate: 189.6µg (47.4%), Manganese: 0.64mg (32.17%), Potassium: 824.41mg (23.55%), Fiber: 5.5g (22.01%), Iron: 2.24mg (12.46%), Vitamin C: 10.06mg (12.19%), Vitamin K: 12.69µg (12.09%), Magnesium: 46.43mg (11.61%), Vitamin B6: 0.22mg (11.17%), Phosphorus: 109.91mg (10.99%), Vitamin B3: 2.12mg (10.62%), Copper: 0.2mg (10.1%), Selenium: 6.1µg (8.71%), Zinc: 1.29mg (8.62%), Vitamin B2: 0.12mg (7.14%), Vitamin E: 1.07mg (7.12%), Vitamin B5: 0.52mg (5.18%), Vitamin D: 0.72µg (4.77%), Vitamin B1: 0.07mg (4.72%), Calcium: 37.49mg (3.75%), Vitamin A: 185.3IU (3.71%), Vitamin B12: 0.13µg (2.25%)