



Valta Bison

FARMS

valtabison.com

Alberta's Healthy Alternative

Bison is a tasty, red meat alternative. Nutritionally, bison meat offers more protein and nutrients, with fewer calories and less fat. Bison is a dense meat that tends to satisfy more, while eating less.

Cooking Bison

For best results cook steaks and roasts to Rare 135°F, (57°C) or Medium Rare 145°F, (62°C). Do not cook beyond Medium 155°F, (68°C). As the meat is lean, it cooks faster and requires lower heat temperatures during cooking. Bison is a pleasure to grill. Remember Food Safety Rules when handling bison meat:

Keep it cold.

Keep it clean.

Keep it covered.

For recipes and product information, visit www.valtabison.com

Nutrient Composition

per 100 grams of cooked lean meat

Research has shown that bison meat is dense in nutrients, with a good proportion of protein, fat, minerals and fatty acids to its caloric value.

Species	Fat (g)	Calories (kcal)	Cholesterol (mg)	Iron (mg)
Bison	2.42	143	82	3.42
Beef	9.28	211	86	2.00
Pork	9.66	212	86	1.10
Chicken	7.41	190	89	1.21
Duck	11.2	201	89	2.70
Venison	3.19	158	112	4.47
Halibut	2.94	140	41	1.07

Source: Canadian Nutrient File, 2002.