

Nutrition

How Bison stacks up in Nutrition.

Compared to 100 grams portions. (just a little more than 3 ounces.)

	Calories	Fat	Protein
Bison Roast	143	2.4g	28g
Beef Roast	241	14.0g	27g
Chicken Breast, skinless	173	4.5g	31g
Chicken Breast, skin-on	197	7.2g	30g

Source—USDA Nutrient Database for Standard Reference, Release 12
(March 1998)

Cooking Tips

Bison meat has less fat and 30% less water than other red meats. On the average it takes a third less time to cook than other red meats. This makes for a quick meal too.@

Grilled Bison Steaks—1" thick—Medium: 14-18 min.
Steaks recommended: Rib Eye, T-Bon, and NY Strip

Oven Broiling—lower the rack one notch further away from the heat than where you broil beef.

Roasting—If you normally roast meat at 325 degrees, turn it down to 275 degrees and roast the same length of time.

Eichten's

Hidden Acres Buffalo



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Naturally Raised Bison..

Located in east central Minnesota, the Eichten Bison Ranch has about 250 head of American Plains Bison (Buffalo).

Our animals are raised on native pasture grasses, hay, oats, and corn silage (the whole corn plant chopped.) We grow all the crops the bison consume with no pesticides or herbicides.

Bison meat is the most flavorful meat most people have ever tasted. "It tastes like meat used to taste." May notice a sweeter flavor than beef which adds to the richness of the meat. It is not "gamey" or wild tasting. Bison meat is just naturally flavorful and tender. It tastes great by itself and will enhance your favorite recipe.

Why Choose Bison?

Bison. America's oldest, taste-satisfying health food. You can see why Bison meat is accepted as a healthy food selection just by calories alone.

Bison meat fits the dietary guidelines of the American Heart Association, and is often prescribed to patients who should limit their fat intake.

Bison meat does not contain drugs, hormones or any chemicals. With Bison meat you get what you pay for...100% pure, wholesome, tasty nutrition.!!

Special Discount Prices for 50 lbs. or more.

Ground Burger	\$4.75 lb
Ground Burger Patties	\$5.50 lb
Round Roast	\$6.50 lb
Chuck Roast	\$5.50 lb
Sirloin Steak	\$10.99 lb
NY Strip Steak	\$12.99 lb
Rib eye Steak	\$14.99 lb
Tenderloin	\$19.99 lb
Hot Dogs	\$6.75 lb
Bratwurst	\$6.75 lb
Meatballs	\$7.75 lb
Ring Bologna (Mettwurst)	\$6.75 lb
Stew Meat	\$6.75 lb
Liver	\$2.99 lb
Liver Sausage	\$5.50 lb
Whole Muscle Jerky	\$21.99 lb
Flavor: Teriyaki, Lemon Pepper, Chipotle	
Sausage Stix ..Bulk	\$14.99 lb
Sausage Stix...Single	\$1.25 ea
Summer Sausage	\$7.50 lb
Dog Bones (Smoked)	\$3.00 ea

Effective 11/13/09