

# Frozen Ground Bison

## Product Information



LFS code: LFS016  
Farm: Montrail Bison  
Units/case: (6) 5-lb. packages  
Case Weight: 30 lbs.  
Servings/case: 345

LFS code: LFS034  
Farm: Stangel Bison Ranch  
Units/case: 4 approximately 10-lb.  
packages  
Case Weight: 40 lbs.  
Servings/case: 460

## Product Description

Bison, ground, raw, frozen, <10% fat

## Crediting & Yield

- One 5-pound package of raw ground bison contains about 57 1.39-ounce portions.
- One 10-pound package of raw ground bison contains about 115 1.39-ounce portions.

Serving Size: 1.39 oz. raw weight  
Meat or M/A: 1 oz. eq.  
Grain: ---  
Vegetables: ---  
Fruit: ---

*Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.*

## Culinary Tips & Resources

- Ground bison can be cooked and used in a variety of dishes, such as spaghetti sauce, tacos, chili, casseroles, and pasta dishes.
- Ground bison can be used in place of lean ground beef in most recipes.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

## Recipe Ideas

- [Bison and Barley Soup – Montana](#)
- [Bison and Lentil Chili – Montana](#)

## Food Safety

For information on safe storage, cooking temperatures, and handling practices: [Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

## Nutrition Facts

Serving Size: 1.39 ounce/ 1 MMA raw ground bison

### Amount Per Serving

**Calories 70**

**Total Fat** 3.5g

Sat. Fat 1.5g

Trans Fat 0.5g

**Cholesterol** 28mg

**Sodium** 30mg

**Carbohydrates** 0g

Dietary Fiber 0g

Sugars 0g

**Protein** 10g

Source [USDA Data Food Central](#)