



BISON BURGER

50 STATES
☆☆☆
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 tablespoon Dijon mustard
- ★ 1 tablespoon Worcestershire sauce
- ★ 2 teaspoons salt-free steak seasoning
- ★ 1 pound ground bison
- ★ 2 tablespoons avocado oil, divided
- ★ 4 low-carb hamburger buns
- ★ 4 teaspoons yellow mustard, for serving
- ★ 4 teaspoons no sugar added ketchup, for serving
- ★ 1 head little gem lettuce, root trimmed, leaves left whole, for serving
- ★ 1 medium beefsteak tomato, sliced into rounds, for serving, (12.5 ounces whole)
- ★ 1 small red onion, thinly sliced into rounds, for serving, (7 ounces whole)

DIRECTIONS

In a large bowl, stir together the Dijon mustard, Worcestershire sauce, and steak seasoning. Add the ground bison and, using your hands, gently mix to combine, being careful not to overwork the mixture. Divide and form into four 4-ounce patties, approximately 1/2-inch thick.

Heat 1 tablespoon of avocado oil in a large cast iron skillet over medium-high until it shimmers. Working in batches, add the patties to the pan and cook, flipping once, until they are well seared and have reached the desired doneness, about 3 to 4 minutes per side for medium (use the remaining avocado oil to sear the second batch).

Divide yellow mustard and ketchup between the bottom halves of the buns and spread in an even layer across each. Top with a burger patty, then layer with lettuce, tomato, and red onion before sandwiching with the top halves of the buns and serving.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 1 Burger = 274g)

340 Calories Per Serving, **18g** Total Fat,

23g Total Carbohydrates, **33g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://www.MyType2Transformation.com).



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