



Ancho Chile Rubbed Venison Steaks with Lime-Cilantro Butter

 Gluten Free  Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ancho chile powder
- 0.5 cup butter softened
- 1 tablespoon cilantro leaves fresh chopped
- 1 tablespoon juice of lime
- 2 tablespoons steak seasoning
- 2 pound venison steaks

Equipment

- bowl
- plastic wrap
- grill

Directions

- Whip together the butter, lime juice, and cilantro in a small bowl until well combined.
- Transfer the butter mixture onto a large piece of plastic wrap, gently wrap and form the butter into a log. Freeze until ready to use.
- Prepare a grill for medium-high heat.
- Mix together the steak seasoning and ancho chile powder in a small bowl. Rub the seasoning blend onto both sides of the venison steaks.
- Grill the steaks to preferred doneness, 5 to 8 minutes per side for medium. Top each steak with a slice of the lemon-cilantro butter to serve.

Nutrition Facts

PROTEIN 50.61% **FAT 47.46%** **CARBS 1.93%**

Properties

Glycemic Index:20.5, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:34.19956526549%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 556.38kcal (27.82%), Fat: 28.85g (44.38%), Saturated Fat: 16.69g (104.32%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.29g (0.32%), Cholesterol: 240.18mg (80.06%), Sodium: 345.19mg (15.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.21g (138.43%), Vitamin B3: 24.71mg (123.53%), Vitamin B6: 1.79mg (89.26%), Vitamin B2: 1.2mg (70.38%), Vitamin B12: 4.2µg (69.98%), Phosphorus: 645.03mg (64.5%), Iron: 10.34mg (57.44%), Zinc: 8.41mg (56.07%), Selenium: 31µg (44.29%), Vitamin B1: 0.65mg (43.18%), Copper: 0.55mg (27.65%), Potassium: 967.05mg (27.63%), Vitamin A: 1363.35IU (27.27%), Vitamin K: 23.26µg (22.15%), Vitamin B5: 2.02mg (20.23%), Magnesium: 76.39mg (19.1%), Vitamin E: 2.86mg (19.1%), Manganese: 0.24mg (11.9%), Folate: 25.02µg (6.25%), Calcium: 47.53mg (4.75%), Fiber: 0.94g (3.76%), Vitamin C: 1.41mg (1.7%)