



food
network

Antelope Stew

READY IN



135 min.

SERVINGS



8

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bay leaves
- ☐ 2 cups beef stock
- ☐ 7 tablespoons butter divided
- ☐ 4 carrots peeled roughly chopped
- ☐ 4 rib celery roughly chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons garlic minced
- ☐ 1 pinch ground nutmeg generous
- ☐ 8 servings kosher salt and pepper black freshly ground

- ☐ 1 large onion roughly chopped
- ☐ 5 cups red wine divided
- ☐ 1.5 pounds potatoes quartered
- ☐ 0.5 tablespoon rosemary leaves minced
- ☐ 2 pounds sirloin
- ☐ 4 sprigs thyme leaves
- ☐ 0.5 cup tomato paste

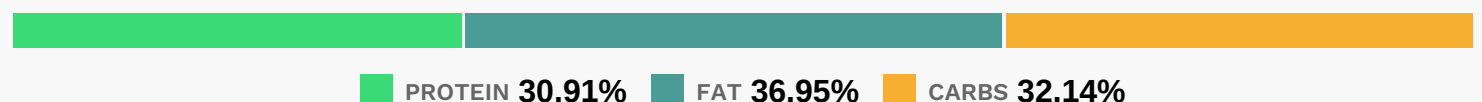
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large bowl, add the flour and season with 1 teaspoon of salt and pepper, to taste.
- ☐ Add the antelope and toss to coat well. Melt 3 tablespoons butter in a heavy bottom pot over medium-high heat and add the antelope.
- ☐ Saute the antelope until browned, stirring throughout the cooking process. After browning, deglaze with 4 cups of port or red wine, then add the stock, thyme, garlic, bay leaves, rosemary and potatoes. Reduce the heat to medium, cover and simmer until the meat is tender, about 40 to 50 minutes.
- ☐ In separate pan, over medium heat, add remaining butter, the onion, carrots, and celery and cook, stirring, for 5 to 6 minutes. Deglaze the pan with the remaining 1 cup of wine, then add the tomato paste, and cook for 10 to 15 minutes.
- ☐ Pour the vegetable mixture into the meat mixture and simmer for an additional 40 to 50 minutes, depending on the thickness of the stew. Season with salt and pepper, to taste.
- ☐ Transfer the stew to a serving dish and serve.

Nutrition Facts



Properties

Glycemic Index:77.7, Glycemic Load:16.34, Inflammation Score:-10, Nutrition Score:28.136956505153%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Petunidin: 2.97mg, Petunidin: 2.97mg, Petunidin: 2.97mg, Petunidin: 2.97mg Delphinidin: 3.02mg, Delphinidin: 3.02mg, Delphinidin: 3.02mg, Delphinidin: 3.02mg Malvidin: 20.76mg, Malvidin: 20.76mg, Malvidin: 20.76mg, Malvidin: 20.76mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 10.71mg, Catechin: 10.71mg, Catechin: 10.71mg, Catechin: 10.71mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg, Naringenin: 2.65mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 500.02kcal (25%), Fat: 15.99g (24.6%), Saturated Fat: 8.35g (52.22%), Carbohydrates: 31.28g (10.43%), Net Carbohydrates: 27.23g (9.9%), Sugar: 6.23g (6.93%), Cholesterol: 96.64mg (32.21%), Sodium: 424.31mg (18.45%), Alcohol: 15.9g (100%), Alcohol %: 4.08% (100%), Protein: 30.09g (60.18%), Vitamin A: 5689.34IU (113.79%), Vitamin B6: 1.24mg (62.11%), Vitamin B3: 10.51mg (52.54%), Selenium: 35.42µg (50.61%), Potassium: 1359.9mg (38.85%), Phosphorus: 386.51mg (38.65%), Zinc: 5.56mg (37.1%), Vitamin B12: 2.12µg (35.31%), Vitamin C: 25.07mg (30.38%), Manganese: 0.55mg (27.61%), Iron: 4.84mg (26.9%), Vitamin B2: 0.39mg (22.75%), Magnesium: 84.57mg (21.14%), Vitamin B1: 0.28mg (18.41%), Copper: 0.35mg (17.42%), Fiber: 4.06g (16.22%), Folate: 50.92µg (12.73%), Vitamin E: 1.55mg (10.36%), Vitamin K: 10.82µg (10.3%), Vitamin B5: 0.97mg (9.68%), Calcium: 80.78mg (8.08%)