



Bacon-Wrapped Grilled Elk Backstrap

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



858 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 slices bacon thick cut
- 0.5 teaspoon pepper black to taste
- 2 pounds elk loin cut into 2 ounce pieces (backstrap)
- 0.5 teaspoon garlic powder to taste
- 1 tablespoon liquid smoke flavoring
- 0.5 teaspoon onion powder to taste
- 1 tablespoon worcestershire sauce

Equipment

- grill
- metal skewers

Directions

- Preheat an outdoor grill for medium heat.
- Season backstrap pieces with liquid smoke and Worcestershire sauce.
- Sprinkle with garlic powder, onion powder, and pepper. Wrap each piece of meat with a strip of bacon, and place on a metal skewer.
- Cook the elk on the preheated grill until the bacon becomes slightly burnt, and the meat has cooked to medium-rare, 15 to 20 minutes.

Nutrition Facts

 **PROTEIN 33.55%**  **FAT 64.88%**  **CARBS 1.57%**

Properties

Glycemic Index:9.25, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:17.556521781113%

Nutrients (% of daily need)

Calories: 858.22kcal (42.91%), Fat: 60.46g (93.01%), Saturated Fat: 20.35g (127.21%), Carbohydrates: 3.29g (1.1%), Net Carbohydrates: 3.15g (1.15%), Sugar: 0.45g (0.5%), Cholesterol: 219.78mg (73.26%), Sodium: 1148.85mg (49.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.34g (140.67%), Selenium: 51.33µg (73.33%), Phosphorus: 577.8mg (57.78%), Zinc: 7.17mg (47.83%), Iron: 7.13mg (39.61%), Potassium: 1036.98mg (29.63%), Vitamin B3: 5.83mg (29.14%), Vitamin B1: 0.4mg (26.9%), Vitamin B6: 0.39mg (19.59%), Magnesium: 70.99mg (17.75%), Copper: 0.35mg (17.4%), Vitamin B12: 0.72µg (12%), Vitamin B5: 0.81mg (8.07%), Vitamin B2: 0.12mg (7.26%), Vitamin E: 0.63mg (4.19%), Manganese: 0.08mg (4.09%), Vitamin D: 0.58µg (3.84%), Calcium: 23.18mg (2.32%), Vitamin A: 58.01IU (1.16%)