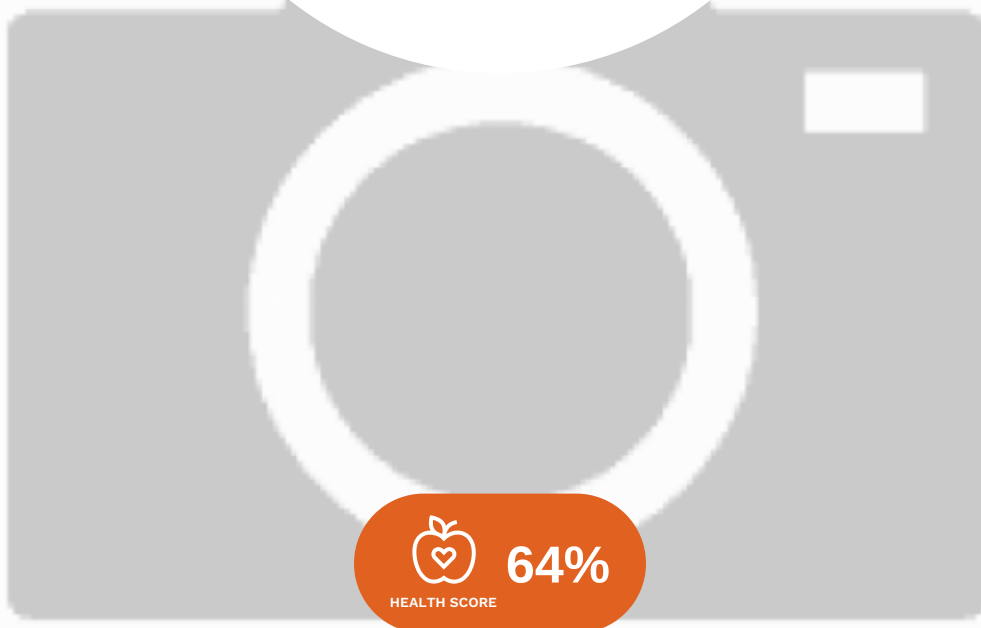




Beer Marinated Deer/Elk/Moose Steak



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 fluid ounce amber beer honey brown lager® such as
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon ground pepper black
- ☐ 1 dash pepper sauce hot to taste
- ☐ 1 tablespoon salt
- ☐ 0.3 cup soya sauce
- ☐ 3 pound venison steaks
- ☐ 1 tablespoon worcestershire sauce

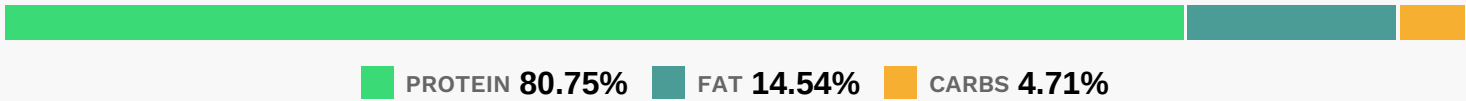
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Whisk together beer, soy sauce, mustard, Worcestershire sauce, pepper, salt, and hot sauce in a bowl and pour into a resealable plastic bag.
- ☐ Add venison steaks, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 days.
- ☐ Preheat an outdoor grill for high heat, and lightly oil the grate.
- ☐ Remove steaks from marinade and shake off excess. Discard remaining marinade.
- ☐ Cook steaks on the preheated grill until they are beginning to firm and are hot and slightly pink in the center, about 7 minutes per side. An instant-read thermometer inserted into the center should read 140 degrees F (60 degrees C). Allow steaks to rest for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:1.59, Inflammation Score:-6, Nutrition Score:43.620435148478%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 568.75kcal (28.44%), Fat: 8.41g (12.94%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.31g (1.93%), Sugar: 0.79g (0.88%), Cholesterol: 268.75mg (89.58%), Sodium: 2890.25mg (125.66%), Alcohol: 3.46g (100%), Alcohol %: 0.95% (100%), Protein: 105.15g (210.29%), Vitamin B3: 37.71mg (188.56%), Vitamin B6: 2.65mg (132.56%), Vitamin B2: 1.8mg (106.04%), Vitamin B12: 6.24µg (104.05%), Phosphorus: 986.63mg (98.66%), Zinc: 12.5mg (83.32%), Iron: 14.78mg (82.12%), Selenium: 48.54µg (69.35%), Vitamin B1: 0.98mg (65.62%), Potassium: 1474.25mg (42.12%), Copper: 0.83mg (41.58%), Vitamin B5: 3.09mg (30.87%), Magnesium: 119.94mg (29.99%), Manganese: 0.41mg (20.26%), Vitamin E: 2.15mg (14.36%), Folate: 39.67µg (9.92%), Vitamin K: 6.69µg (6.37%), Calcium: 43.86mg (4.39%), Fiber: 0.82g (3.27%)