



Big Joe's Venison Steak in Chestnut Sauce

READY IN



60 min.

SERVINGS



2

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 bay leaf crumbled
- 1.5 cups beef broth
- 3 tablespoons butter
- 0.5 cup carrots chopped
- 6 ounces honey
- 3 tablespoons flour all-purpose
- 1 teaspoon coarsely ground pepper black
- 4 tablespoons madeira wine
- 0.5 cup onions chopped

- 1 teaspoon salt
- 12 ounce venison steaks thick ()

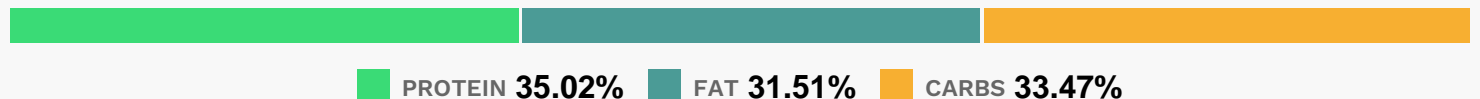
Equipment

- frying pan
- oven
- baking pan
- broiler

Directions

- Preheat oven to 425 degrees F (200 degrees C). Slice the skin to allow steam to escape.
- Place the chestnuts in a baking pan, and bake in the preheated oven for 15 minutes.
- Remove from oven, and cool. Peel off the shell, and chop. You should have about 1 cup chopped chestnuts.
- Melt butter in a large skillet over medium heat. Cook, stirring often, the onions and carrots in the butter until soft. Stir in the flour, and cook until the flour browns.
- Mix in the broth, and season with bay leaf, and salt and pepper. Simmer for 15 minutes.
- Preheat broiler, and position a rack 5 inches below the broiler element.
- Place the venison steaks in a broiling pan. Cook 5 minutes on each side.
- Transfer to a hot platter.
- Strain the solids from the broth, and return the broth to the pan. Stir in Madeira and chestnuts.
- Pour hot chestnut sauce over venison steaks, and serve.

Nutrition Facts



Properties

Glycemic Index:149.92, Glycemic Load:28.58, Inflammation Score:-10, Nutrition Score:39.713043627532%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 682.27kcal (34.11%), Fat: 22.8g (35.08%), Saturated Fat: 12.74g (79.65%), Carbohydrates: 54.48g (18.16%), Net Carbohydrates: 52.34g (19.03%), Sugar: 3.55g (3.94%), Cholesterol: 179.53mg (59.84%), Sodium: 2091.64mg (90.94%), Alcohol: 3.09g (100%), Alcohol %: 0.68% (100%), Protein: 57.01g (114.03%), Vitamin A: 5900.64IU (118.01%), Vitamin B3: 21.72mg (108.58%), Vitamin B6: 1.72mg (85.97%), Vitamin B2: 1.02mg (60.15%), Phosphorus: 573.89mg (57.39%), Vitamin B12: 3.27µg (54.57%), Iron: 8.97mg (49.82%), Vitamin B1: 0.73mg (48.92%), Vitamin C: 39.05mg (47.33%), Zinc: 6.89mg (45.9%), Selenium: 28.22µg (40.32%), Copper: 0.8mg (40.17%), Potassium: 1398.66mg (39.96%), Manganese: 0.69mg (34.74%), Folate: 103.65µg (25.91%), Magnesium: 95.65mg (23.91%), Vitamin B5: 2.15mg (21.54%), Vitamin E: 1.78mg (11.85%), Vitamin K: 9.69µg (9.22%), Fiber: 2.14g (8.56%), Calcium: 71.71mg (7.17%)