



Braised Venison with Rosemary and Shiitake



Gluten Free



Dairy Free

READY IN



145 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 2 bay leaves
- ☐ 1 cube beef bouillon from cube
- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 teaspoons rosemary dried
- ☐ 2 cups cooking wine dry red
- ☐ 2 cups mushroom caps fresh stemmed sliced
- ☐ 4 cloves garlic minced

- ☐ 2 medium onions chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1.5 pounds venison cut into 2 inch cubes

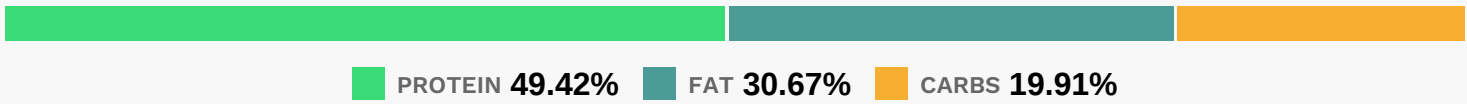
Equipment

- ☐ dutch oven

Directions

- ☐ Melt the bacon drippings in a large Dutch oven over medium-high heat. Sear the venison in two batches until nicely browned and remove. Stir in the shiitake, onions, and garlic; cook until softened, 1 to 2 minutes.
- ☐ Pour in the cognac, wine, and bouillon cube, simmer for 30 seconds to remove the alcohol flavor and dissolve the bouillon.
- ☐ Stir in the venison, pepper, thyme, rosemary, and bay leaves. Bring to a boil, then reduce heat to low and simmer gently until the venison is tender, about two hours or more; adding water as needed.
- ☐ If using baby carrots, add them during the last half hour of cooking. When the venison is tender, you may wish to thicken the sauce by dissolving the cornstarch in 2 tablespoons of water and stirring it into the sauce.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:3, Inflammation Score:-7, Nutrition Score:27.573043590007%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg, Isorhamnetin: 2.78mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg

Kaempferol: 0.38mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg

Nutrients (% of daily need)

Calories: 432.29kcal (21.61%), Fat: 11.72g (18.04%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 13.21g (4.8%), Sugar: 5.05g (5.61%), Cholesterol: 151.23mg (50.41%), Sodium: 113.92mg (4.95%), Alcohol: 12.6g (100%), Alcohol %: 3.4% (100%), Protein: 42.51g (85.02%), Vitamin B12: 10.73µg (178.9%), Vitamin B3: 15.32mg (76.58%), Vitamin B2: 1.08mg (63.63%), Vitamin B6: 1.07mg (53.32%), Phosphorus: 491.37mg (49.14%), Iron: 6.5mg (36.12%), Selenium: 23.66µg (33.8%), Zinc: 4.86mg (32.43%), Copper: 0.62mg (31.23%), Vitamin B1: 0.42mg (28.19%), Potassium: 981.05mg (28.03%), Manganese: 0.48mg (23.79%), Vitamin B5: 1.78mg (17.84%), Magnesium: 68.73mg (17.18%), Fiber: 3.92g (15.66%), Folate: 32.37µg (8.09%), Vitamin C: 5.45mg (6.6%), Vitamin D: 0.63µg (4.18%), Calcium: 31.29mg (3.13%), Vitamin E: 0.4mg (2.65%), Vitamin K: 2.35µg (2.23%)