



 **52%**
HEALTH SCORE

Deer Chop Hurry

 Dairy Free

READY IN



375 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar packed
- 2 pounds deer chops (venison)
- 1 ounce onion soup mix dry
- 1 cup catsup
- 1 medium onion chopped
- 0.5 cup water

Equipment

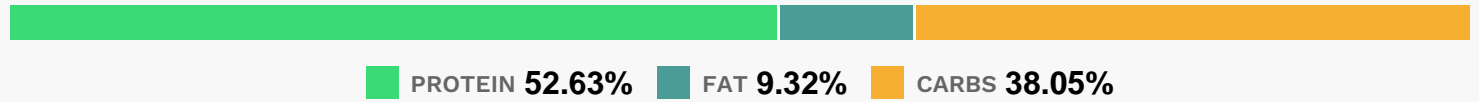
- frying pan

- oven
- roasting pan
- slow cooker

Directions

- Thinly slice the deer chops and brown them in a heavy skillet over medium-high heat.
- Transfer the meat to a slow cooker.
- Mix in the ketchup, water, onion, brown sugar, and dry onion soup mix. Cook on LOW for 6 hours or until tender. If you want to cook it in a roaster, bake at 350 degrees F, for 1 hour.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:33.780869152235%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 537.06kcal (26.85%), Fat: 5.51g (8.48%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 50.6g (16.87%), Net Carbohydrates: 49.48g (17.99%), Sugar: 40.95g (45.5%), Cholesterol: 179.17mg (59.72%), Sodium: 1252.94mg (54.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.98g (139.96%), Vitamin B3: 25.42mg (127.1%), Vitamin B6: 1.89mg (94.75%), Vitamin B2: 1.29mg (75.88%), Vitamin B12: 4.15µg (69.17%), Phosphorus: 667.85mg (66.79%), Zinc: 8.47mg (56.48%), Iron: 9.83mg (54.6%), Vitamin B1: 0.67mg (44.94%), Selenium: 31.41µg (44.87%), Potassium: 1199.07mg (34.26%), Copper: 0.62mg (30.96%), Magnesium: 85.61mg (21.4%), Vitamin B5: 2.13mg (21.27%), Vitamin E: 2.3mg (15.31%), Manganese: 0.23mg (11.27%), Folate: 31.31µg (7.83%), Calcium: 62.78mg (6.28%), Vitamin A: 309.41IU (6.19%), Vitamin C: 4.74mg (5.74%), Vitamin K: 4.73µg (4.51%), Fiber: 1.12g (4.46%)