



Emily's Marinated Venison Steaks

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



2

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon garlic dried minced
- 1 tablespoon onion dried minced
- 1 teaspoon mustard dry
- 0.3 teaspoon ground pepper black
- 0.5 juice of lime juiced
- 0.5 teaspoon kosher salt
- 3 dashes pepper sauce hot to taste tabasco® (such as)
- 1 teaspoon pepper flakes red

- 2 tablespoons soya sauce
- 8 ounce venison steaks
- 0.3 teaspoon thyme leaves
- 0.3 cup worcestershire sauce

Equipment

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

Directions

- Whisk Worcestershire sauce, soy sauce, lime juice, onion, red pepper flakes, dry mustard, salt, thyme, black pepper, garlic, and hot pepper sauce together in a bowl; pour into a resealable plastic bag.
- Add venison steaks, coat with the marinade, squeeze to remove excess air, and seal the bag. Marinate in the refrigerator at least 1 hour.
- Preheat an outdoor grill for medium-high heat and lightly oil the grate.
- Remove venison from the marinade and shake off excess. Discard remaining marinade.
- Cook the steaks until they are firm, hot in the center, and just turning from pink to grey, about 5 minutes per side. An instant-read thermometer inserted into the center should read 150 degrees F (65 degrees C).

Nutrition Facts

 **PROTEIN 66.11%**  **FAT 13.12%**  **CARBS 20.77%**

Properties

Glycemic Index:48.5, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:20.622173972752%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 228kcal (11.4%), Fat: 3.25g (5.01%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 10.58g (3.85%), Sugar: 4.96g (5.51%), Cholesterol: 89.58mg (29.86%), Sodium: 2119.83mg (92.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.89g (73.78%), Vitamin B3: 13.36mg (66.8%), Vitamin B6: 0.97mg (48.45%), Iron: 7.29mg (40.52%), Vitamin B2: 0.67mg (39.51%), Phosphorus: 380.27mg (38.03%), Vitamin B12: 2.08µg (34.59%), Zinc: 4.44mg (29.58%), Selenium: 17.92µg (25.6%), Vitamin B1: 0.38mg (25.28%), Potassium: 850.34mg (24.3%), Copper: 0.39mg (19.33%), Magnesium: 54.92mg (13.73%), Manganese: 0.24mg (12.08%), Vitamin B5: 1.12mg (11.2%), Vitamin C: 9.19mg (11.14%), Vitamin E: 1.19mg (7.93%), Vitamin A: 341.65IU (6.83%), Calcium: 63.41mg (6.34%), Folate: 23.34µg (5.83%), Fiber: 1.01g (4.03%), Vitamin K: 3.37µg (3.21%)