

Fried Venison Backstrap

READY IN



110 min.

SERVINGS



8

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 3 cups flour all-purpose
- 1 tablespoon pepper black
- 0.5 cup milk
- 2 tablespoons hot sauce hot
- 2 tablespoons salt
- 3 cups vegetable oil for frying
- 2 pound venison cut into 1/ slices

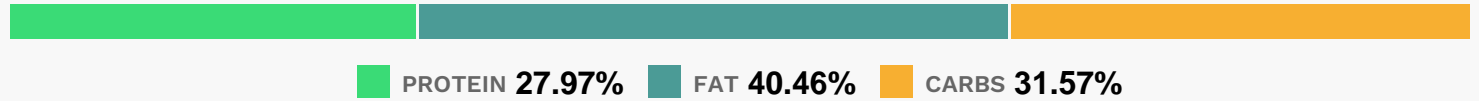
Equipment

- bowl
- frying pan
- paper towels
- whisk
- tongs

Directions

- Place the venison slices into a shallow bowl and pour in the milk and hot sauce. Stir to coat, then cover and marinate for 1 hour.
- Heat the vegetable oil in an electric skillet to 325 degrees F (165 degrees C). In a shallow bowl, whisk together the eggs and milk. In a separate bowl, stir together the flour, salt and pepper.
- Dip the venison slices into the flour, then into the egg and milk, then back into the flour. Shake off excess flour. Fry in the hot oil until lightly browned on each side, about 3 minutes.
- Remove with tongs and drain briefly on paper towels before serving.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:26.24, Inflammation Score:-5, Nutrition Score:23.949999980305%

Nutrients (% of daily need)

Calories: 478.36kcal (23.92%), Fat: 21.12g (32.5%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 35.63g (12.96%), Sugar: 0.95g (1.05%), Cholesterol: 139.14mg (46.38%), Sodium: 1910.34mg (83.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.86g (65.72%), Vitamin B12: 7.34µg (122.26%), Vitamin B3: 10.03mg (50.16%), Vitamin B2: 0.85mg (50.07%), Selenium: 30.6µg (43.71%), Vitamin B1: 0.63mg (42.16%), Iron: 6.33mg (35.16%), Phosphorus: 318.41mg (31.84%), Vitamin K: 32.84µg (31.28%), Folate: 95.81µg (23.95%), Vitamin B6: 0.48mg (23.77%), Manganese: 0.47mg (23.58%), Zinc: 2.92mg (19.46%), Copper: 0.37mg (18.74%), Potassium: 463.82mg (13.25%), Vitamin E: 1.73mg (11.51%), Magnesium: 41.03mg (10.26%), Fiber: 1.47g (5.86%), Vitamin B5: 0.44mg (4.45%), Calcium: 42.28mg (4.23%), Vitamin C: 2.43mg (2.95%), Vitamin D: 0.39µg (2.59%), Vitamin A: 93.47IU (1.87%)