



Grilled Kangaroo with Balsamic Mushrooms and Creamed Corn

 Gluten Free

READY IN



90 min.

SERVINGS



2

CALORIES



991 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup beef stock low sodium
- ☐ 2 servings pepper black freshly ground
- ☐ 1 Tbs butter
- ☐ 1 cup regular corn canned (I used corn)
- ☐ 1 handful parsley fresh coarsely chopped
- ☐ 60 g mushroom caps fresh sliced (4)
- ☐ 2 Tbs thyme leaves fresh finely chopped

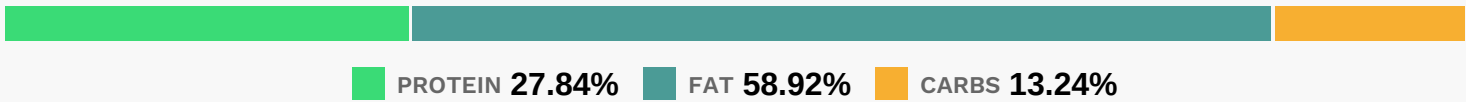
- ☐ 3 cloves garlic
- ☐ 1 lemon zest grated
- ☐ 25 g mushrooms dried (I used a mixture of oyster, porcini and shiitake)
- ☐ 2 servings bell pepper
- ☐ 1 cup red wine
- ☐ 500 g kangaroo rump cut into 2 equal servings
- ☐ 2 servings salt
- ☐ 1 shallots sliced
- ☐ 1 cup single cream
- ☐ 0.5 Tbs truffle oil plus more for rubbing)
- ☐ 0.8 cup water hot boiling

Equipment

Directions

- ☐ Mix together thyme, lemon's zest, garlic, salt, pepper and 1/2 tbs truffle oil. Rub this mixture all over kangaroo steaks. Leave this to marinate for at least 1 hr.

Nutrition Facts



Properties

Glycemic Index:165, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:48.04391305343%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg, Delphinidin: 2.41mg Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg, Malvidin: 16.61mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg, Catechin: 8.57mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg, Epicatechin: 4.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin:

0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Apigenin: 4.64mg, Apigenin: 4.64mg, Apigenin: 4.64mg, Apigenin: 4.64mg Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 991.06kcal (49.55%), Fat: 59.47g (91.49%), Saturated Fat: 31.79g (198.7%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 25.74g (9.36%), Sugar: 6.47g (7.18%), Cholesterol: 300.41mg (100.14%), Sodium: 683.45mg (29.72%), Alcohol: 12.72g (100%), Alcohol %: 1.85% (100%), Protein: 63.23g (126.46%), Vitamin C: 117.76mg (142.73%), Vitamin B3: 22.55mg (112.74%), Vitamin B6: 2.09mg (104.29%), Selenium: 69.14µg (98.78%), Vitamin A: 4226.96IU (84.54%), Zinc: 11.96mg (79.76%), Phosphorus: 751.25mg (75.13%), Vitamin B12: 3.23µg (53.85%), Potassium: 1730.87mg (49.45%), Vitamin K: 46.41µg (44.2%), Vitamin B2: 0.75mg (43.88%), Iron: 7.12mg (39.58%), Manganese: 0.64mg (32.17%), Magnesium: 126.39mg (31.6%), Vitamin B5: 2.97mg (29.67%), Folate: 112.92µg (28.23%), Vitamin E: 3.76mg (25.08%), Calcium: 227.41mg (22.74%), Copper: 0.44mg (21.85%), Vitamin B1: 0.3mg (19.8%), Fiber: 4.32g (17.29%), Vitamin D: 1.11µg (7.41%)