



Grilled Venison Backstrap



Gluten Free



Dairy Free



Popular

READY IN



315 min.

SERVINGS



4

CALORIES



1383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 quart apple cider
- ☐ 1.5 pounds bacon thick sliced
- ☐ 24 ounce barbecue sauce
- ☐ 2 pounds venison backstrap cut into 2-inch chunks

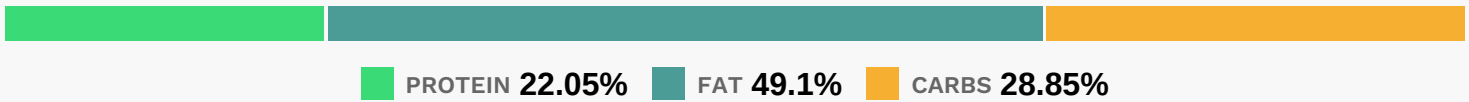
Equipment

- ☐ baking pan
- ☐ toothpicks
- ☐ grill

Directions

- ☐ Place chunks of venison into a shallow baking dish, and pour enough apple cider in to cover them. Cover, and refrigerate for 2 hours.
- ☐ Remove, and pat dry. Discard apple cider, and return venison to the dish.
- ☐ Pour barbeque sauce over the chunks, cover, and refrigerate for 2 to 3 more hours.
- ☐ Preheat an outdoor grill for high heat. Charcoal is best, but if you must, use gas.
- ☐ Remove meat from the refrigerator, and let stand for 30 minutes, or until no longer chilled. Wrap each chunk of venison in a slice of bacon, and secure with toothpicks.
- ☐ Brush the grill grate with olive oil when hot, and place venison pieces on the grill so they are not touching. The bacon will kick up some flames, so be ready. Grill, turning occasionally, until the bacon becomes slightly burnt, 15 to 20 minutes. The slower, the better. Dig in, and prepare to want more!

Nutrition Facts



Properties

Glycemic Index:10.19, Glycemic Load:10.7, Inflammation Score:-5, Nutrition Score:39.039565138195%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg, Epicatechin: 11.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 1382.86kcal (69.14%), Fat: 74.38g (114.43%), Saturated Fat: 24.9g (155.62%), Carbohydrates: 98.31g (32.77%), Net Carbohydrates: 96.31g (35.02%), Sugar: 79.23g (88.04%), Cholesterol: 305.04mg (101.68%), Sodium: 3003.17mg (130.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.17g (150.34%), Vitamin B12: 15.16µg (252.69%), Vitamin B3: 22.48mg (112.38%), Selenium: 58.64µg (83.77%), Vitamin B2: 1.36mg (80.11%), Phosphorus: 753.65mg (75.36%), Vitamin B6: 1.46mg (73.09%), Vitamin B1: 1.06mg (70.48%), Iron: 9.78mg (54.34%), Potassium: 1691.58mg (48.33%), Zinc: 7.08mg (47.22%), Copper: 0.8mg (39.8%), Magnesium: 106.52mg (26.63%), Manganese: 0.5mg (25.05%), Vitamin E: 2.57mg (17.13%), Vitamin B5: 1.34mg (13.39%), Calcium: 94.9mg (9.49%), Vitamin A: 446.32IU (8.93%), Fiber: 2g (8.02%), Vitamin K: 5.56µg (5.29%), Vitamin D: 0.68µg (4.54%), Vitamin C: 3.15mg (3.82%), Folate: 12.47µg (3.12%)