



Grilled Venison Steaks



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 teaspoons rosemary dried crushed
- ☐ 0.5 cup cooking wine dry red
- ☐ 4 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper
- ☐ 16 ounce venison loin steaks boneless lean

Equipment

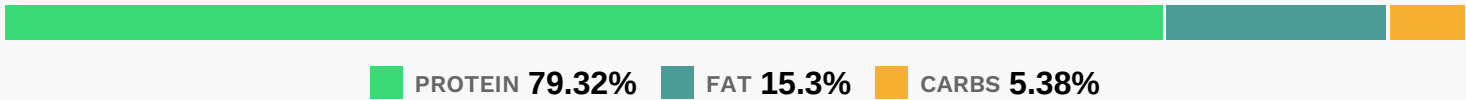
- ☐ grill

☐ ziploc bags

Directions

- ☐ Trim fat from steaks.
- ☐ Place steaks in a large heavy-duty, zip-top plastic bag.
- ☐ Combine 1/2 cup cranberry-orange sauce, red wine, and next 4 ingredients; pour over steaks. Seal bag; turn to coat steaks. Marinate in refrigerator 4 to 8 hours, turning bag occasionally.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Remove steaks from marinade, discarding marinade.
- ☐ Place steaks on rack; grill, covered, 5 minutes on each side or to desired degree of doneness.
- ☐ Serve with remaining 1/2 cup cranberry-orange sauce.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:16.573478400059%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 204.84kcal (10.24%), Fat: 2.98g (4.59%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.14g (0.15%), Cholesterol: 89.58mg (29.86%), Sodium: 147.72mg (6.42%), Alcohol: 3.15g (100%), Alcohol %: 2.59% (100%), Protein: 34.81g (69.61%), Vitamin B3: 12.26mg (61.32%), Vitamin B6: 0.9mg (45.06%), Vitamin B2: 0.59mg (34.74%), Vitamin B12: 2.08µg (34.59%), Phosphorus: 327.23mg (32.72%), Zinc: 4.2mg (28.02%), Iron: 4.85mg (26.93%), Selenium: 18.07µg (25.82%), Vitamin B1: 0.34mg (22.55%), Copper: 0.28mg (13.78%), Potassium: 478.4mg (13.67%), Vitamin B5: 1.03mg (10.28%), Magnesium: 38.91mg (9.73%),

Manganese: 0.15mg (7.36%), Vitamin E: 0.73mg (4.9%), Folate: 11.02µg (2.75%), Fiber: 0.47g (1.88%), Calcium: 18.71mg (1.87%), Vitamin K: 1.93µg (1.84%), Vitamin C: 1mg (1.21%)