



Grilled Venison with Fennel Rub



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon peppercorns black
- ☐ 2 teaspoons fennel seeds
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon salt
- ☐ 1 pound venison

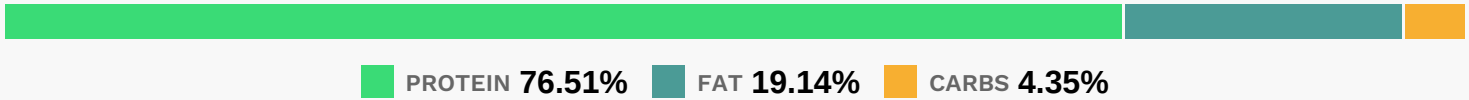
Equipment

- ☐ grill
- ☐ mortar and pestle

Directions

- ☐ Prepare grill.
- ☐ Grind fennel and peppercorns with a mortar and pestle.
- ☐ Add salt and garlic powder. Rub fennel mixture over venison.
- ☐ Place venison on grill rack coated with cooking spray; grill 12 minutes or until desired degree of doneness, turning occasionally.
- ☐ Let stand 10 minutes.
- ☐ Cut venison diagonally across grain into thin slices.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:15.044347730668%

Nutrients (% of daily need)

Calories: 143.53kcal (7.18%), Fat: 2.93g (4.51%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.02g (0.02%), Cholesterol: 96.39mg (32.13%), Sodium: 349.84mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.74%), Vitamin B12: 7.16µg (119.26%), Vitamin B3: 7.3mg (36.5%), Vitamin B2: 0.55mg (32.37%), Phosphorus: 237.22mg (23.72%), Iron: 4.17mg (23.17%), Vitamin B6: 0.43mg (21.68%), Vitamin B1: 0.26mg (17.09%), Zinc: 2.43mg (16.21%), Selenium: 11.14µg (15.92%), Copper: 0.31mg (15.72%), Manganese: 0.26mg (12.83%), Potassium: 396.7mg (11.33%), Magnesium: 32.11mg (8.03%), Vitamin K: 3.05µg (2.9%), Fiber: 0.71g (2.84%), Calcium: 22.98mg (2.3%), Vitamin E: 0.24mg (1.6%), Folate: 4.9µg (1.22%)