



Marinated Tenderloin of Venison



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 teaspoon cardamom pods
- ☐ 1 teaspoon coriander seeds
- ☐ 2 tablespoons dijon mustard
- ☐ 0.8 cup cooking wine dry red
- ☐ 2 tablespoons rosemary fresh chopped
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 4 garlic cloves minced

- ☐ 0.5 teaspoon juniper berries (1 teaspoon ground)
- ☐ 3 tablespoons olive oil
- ☐ 2 tablespoons pepper freshly ground
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 star anise
- ☐ 2 pounds venison tenderloin

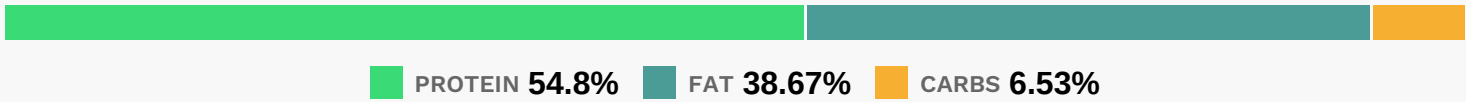
Equipment

- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine the first 15 ingredients in a large zip-top heavy-duty plastic bag. Seal the bag, and marinate in the refrigerator 24 hours, turning the bag occasionally.
- ☐ Remove the venison from the bag, and discard the marinade.
- ☐ Place the venison on a broiler pan coated with cooking spray, and broil 10 minutes on each side or until done.
- ☐ Cut the venison crosswise into thin slices.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:16.459999649421%

Flavonoids

Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg, Malvidin: 5.9mg Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg, Peonidin: 0.42mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin:

0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 215.09kcal (10.75%), Fat: 8.36g (12.86%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 3.18g (1.06%), Net Carbohydrates: 2.13g (0.77%), Sugar: 0.08g (0.09%), Cholesterol: 96.39mg (32.13%), Sodium: 245.81mg (10.69%), Alcohol: 2.36g (100%), Alcohol %: 1.93% (100%), Protein: 26.66g (53.32%), Vitamin B12: 7.16µg (119.26%), Vitamin B3: 7.32mg (36.6%), Vitamin B2: 0.56mg (33.03%), Iron: 4.58mg (25.46%), Phosphorus: 242.07mg (24.21%), Vitamin B6: 0.45mg (22.71%), Selenium: 12.63µg (18.05%), Manganese: 0.36mg (17.96%), Vitamin B1: 0.26mg (17.56%), Zinc: 2.5mg (16.64%), Copper: 0.33mg (16.5%), Potassium: 414.16mg (11.83%), Magnesium: 35.57mg (8.89%), Vitamin E: 1.01mg (6.75%), Vitamin K: 6.95µg (6.61%), Vitamin C: 3.52mg (4.27%), Fiber: 1.05g (4.2%), Calcium: 29.6mg (2.96%), Vitamin A: 109.93IU (2.2%), Folate: 6.47µg (1.62%)