



## Marinated Venison

 Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups flour all-purpose
- 1 tablespoon garlic powder
- 1 tablespoon onion salt
- 8 servings vegetable oil for frying
- 2 pounds venison (deer meat)
- 10 fluid ounce worcestershire sauce

### Equipment

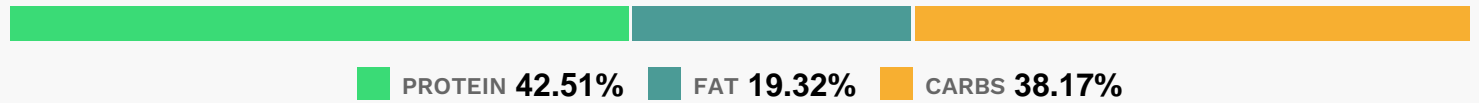
- bowl

frying pan

## Directions

- Pound venison flat, and cut into 1 inch strips; place in a large bowl.
- Pour in Worcestershire sauce and beer. Cover, and refrigerate for 1 hour or more.
- In a shallow bowl, combine flour, onion salt and garlic powder. Drag soaked meat through the flour mixture.
- Heat oil in a large heavy skillet, and fry meat until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:10, Glycemic Load:12.97, Inflammation Score:-3, Nutrition Score:19.536521805369%

## Nutrients (% of daily need)

Calories: 277.91kcal (13.9%), Fat: 5.78g (8.89%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 25.71g (8.57%), Net Carbohydrates: 24.99g (9.09%), Sugar: 3.78g (4.2%), Cholesterol: 96.39mg (32.13%), Sodium: 1411.47mg (61.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.62g (57.25%), Vitamin B12: 7.16µg (119.26%), Vitamin B3: 8.87mg (44.37%), Vitamin B2: 0.71mg (41.74%), Iron: 6.97mg (38.7%), Vitamin B1: 0.46mg (30.91%), Phosphorus: 280.69mg (28.07%), Selenium: 19.37µg (27.67%), Vitamin B6: 0.45mg (22.32%), Copper: 0.4mg (20.03%), Potassium: 693.49mg (19.81%), Zinc: 2.64mg (17.58%), Folate: 50.85µg (12.71%), Manganese: 0.22mg (10.92%), Magnesium: 36.84mg (9.21%), Vitamin K: 6.84µg (6.51%), Vitamin C: 4.82mg (5.84%), Calcium: 50.07mg (5.01%), Vitamin E: 0.51mg (3.37%), Fiber: 0.72g (2.89%), Vitamin B5: 0.11mg (1.1%)