



WHATSheATE



HEALTH SCORE

53%

Rack of Venison Stuffed with Pecans, Currants, Sausage, and Pears



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



598 kcal

SIDE DISH

Ingredients



6 servings bosc pear



0.3 cup currants dried



1 teaspoon rosemary leaves fresh chopped



1 bunch thyme sprigs fresh



2 heads cloves separated ends trimmed unpeeled



4 ounces ground sausage sweet italian



5 tablespoons olive oil divided

- ☐ 1 cup onion chopped
- ☐ 2 medium onion thinly sliced
- ☐ 0.5 cup pecans toasted
- ☐ 6 rosemary leaves fresh
- ☐ 2.5 pound venison rack of (8 bones)

Equipment

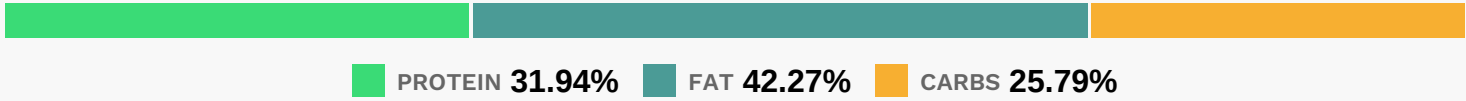
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Heat 1 tablespoon oil in medium skillet over medium heat.
- ☐ Add chopped onion; sauté until translucent, about 7 minutes.
- ☐ Add sausages. Sauté until brown, breaking up with spoon, about 5 minutes. Using slotted spoon, transfer mixture to medium bowl, then add pears, pecans, currants, and chopped rosemary. Season with salt and pepper. (Can be made 4 hours ahead. Cover and chill.)
- ☐ Using long thin knife, make 1 cut through center of eye of venison. Rotate knife 90 degrees and insert again, creating an X through center. Insert handle of long wooden spoon through X; roll handle to create 1- to 2-inch-diameter cavity. Stuff with filling.
- ☐ Preheat oven to 425°F. Arrange sliced onions, garlic, and herbs in roasting pan. Toss with 3 tablespoons oil. Rub venison with remaining 1 tablespoon oil; sprinkle with salt and pepper.
- ☐ Heat large skillet over high heat.
- ☐ Add venison; cook until brown on all sides, about 5 minutes.

- ☐
- Place venison atop vegetables in pan. Roast until thermometer inserted into center registers 120°F for rare, about 20 minutes.
- ☐
- Let stand 10 minutes. Carve between bones; serve with vegetables.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:10.24, Inflammation Score:-8, Nutrition Score:30.833043367966%

Flavonoids

Cyanidin: 4.31mg, Cyanidin: 4.31mg, Cyanidin: 4.31mg, Cyanidin: 4.31mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg, Catechin: 1.05mg Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg, Epicatechin: 6.31mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg, Quercetin: 14.25mg

Nutrients (% of daily need)

Calories: 598.4kcal (29.92%), Fat: 28.53g (43.89%), Saturated Fat: 6.16g (38.5%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 31.45g (11.44%), Sugar: 24.19g (26.88%), Cholesterol: 175.01mg (58.34%), Sodium: 243.66mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.5g (97.01%), Vitamin B12: 12.1µg (201.63%), Vitamin B3: 13.25mg (66.23%), Vitamin B2: 1.03mg (60.39%), Phosphorus: 479.39mg (47.94%), Vitamin B6: 0.93mg (46.41%), Manganese: 0.88mg (44.01%), Iron: 7.73mg (42.94%), Vitamin B1: 0.64mg (42.71%), Copper: 0.78mg (39.25%), Selenium: 23.9µg (34.14%), Zinc: 4.99mg (33.3%), Fiber: 7.72g (30.87%), Potassium: 1044.21mg (29.83%), Magnesium: 79.79mg (19.95%), Vitamin C: 13.96mg (16.92%), Vitamin K: 17.68µg (16.84%), Vitamin E: 2.42mg (16.16%), Folate: 36.83µg (9.21%), Calcium: 63.32mg (6.33%), Vitamin B5: 0.34mg (3.43%), Vitamin A: 115.16IU (2.3%)