



Roast hogget



Gluten Free



Dairy Free



Very Healthy

READY IN



135 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 kg venison shoulder
- ☐ 1 tbsp olive oil
- ☐ 1 small bunch rosemary
- ☐ 3 garlic clove thinly sliced
- ☐ 4 small anchovy

Equipment

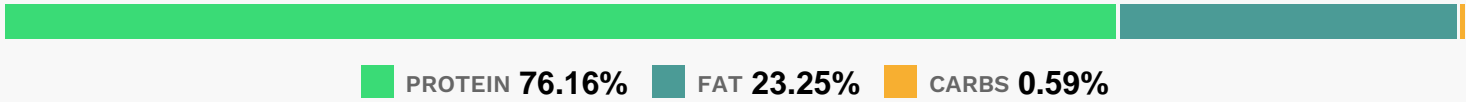
- ☐ frying pan
- ☐ oven

☐ knife

Directions

- ☐ Heat oven 220C/200C fan/gas
- ☐ Weigh the meat (if you dont know the weight already) and calculate the cooking time: 15 mins per 450g for rare, 20 mins for medium and 25 mins for well-done.
- ☐ Place the meat in a roasting tray, rub all over with the oil and season generously with salt and pepper. Use the tip of a sharp knife to make incisions all over the joint, then in each one insert sprigs of rosemary with a sliver of garlic and piece of anchovy, if using.
- ☐ Put the meat in the oven for 10 mins, then turn down to 180C/160C fan/gas
- ☐ Now roast for your calculated time, basting the meat occasionally with any pan juices.
- ☐ Remove from the oven and rest the joint for at least 15 mins before carving.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.28, Inflammation Score:-4, Nutrition Score:45.063913215762%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 757.44kcal (37.87%), Fat: 18.59g (28.61%), Saturated Fat: 7.92g (49.5%), Carbohydrates: 1.07g (0.36%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.02g (0.03%), Cholesterol: 426.15mg (142.05%), Sodium: 199.86mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 137.03g (274.06%), Zinc: 32.51mg (216.74%), Vitamin B12: 11.5µg (191.66%), Vitamin B2: 2.48mg (145.8%), Vitamin B3: 28.44mg (142.22%), Iron: 19.12mg (106.23%), Phosphorus: 989.5mg (98.95%), Selenium: 68.18µg (97.4%), Vitamin B6: 1.85mg (92.3%), Copper: 1.09mg (54.33%), Vitamin B1: 0.58mg (38.87%), Vitamin B5: 3.88mg (38.83%), Potassium: 1202.9mg (34.37%), Magnesium: 108.3mg (27.08%), Vitamin E: 3.34mg (22.27%), Folate: 43.21µg (10.8%), Vitamin K: 7.77µg (7.4%), Manganese: 0.15mg (7.36%), Calcium: 38.89mg (3.89%), Vitamin C: 1.01mg (1.22%), Fiber: 0.26g (1.04%)