



Roasted Venison



Gluten Free



Dairy Free



Low Fod Map

READY IN



600 min.

SERVINGS



6

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 heads garlic separated smashed
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin divided
- ☐ 0.5 cup thyme leaves crushed
- ☐ 3 pound denver roast of venison cut into 6- by 3-inch pieces

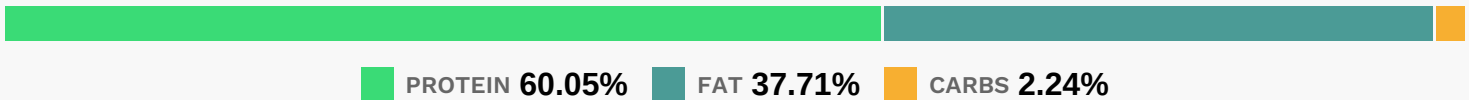
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Toss venison with garlic, savory, wine, allspice, peppercorns, and 1/4 cup oil in a sealable bag. Marinate, chilled, turning bag occasionally, at least 8 hours.
- ☐ Bring venison to room temperature, about 1 hour.
- ☐ Preheat oven to 450°F with rack in middle.
- ☐ Discard marinade and pat meat dry.
- ☐ Sprinkle on all sides with 1 tablespoon kosher salt, then 1/2 teaspoon ground pepper.
- ☐ Heat remaining 1 1/2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers, then brown meat on all sides in 2 or 3 batches, 3 to 4 minutes per batch.
- ☐ Transfer to a shallow baking pan.
- ☐ Roast until venison registers 125°F on an instant-read thermometer (inserted 2 inches horizontally into meat) for rare, 5 to 8 minutes (depending on thickness of meat).
- ☐ Let stand on a cutting board 10 minutes before slicing across the grain.
- ☐ ·Venison can be marinated up to 24 hours. ·You can substitute a 3-pound trimmed and tied center-cut beef tenderloin roast for the venison (do not cut into pieces). Follow recipe above, roasting until beef registers 120°F, 25 to 30 minutes for medium-rare.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.23, Inflammation Score:-10, Nutrition Score:26.034348113381%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 374.16kcal (18.71%), Fat: 14.61g (22.48%), Saturated Fat: 3.43g (21.47%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.01g (0.01%), Cholesterol: 192.78mg (64.26%), Sodium: 1279.98mg (55.65%), Alcohol: 2.1g (100%), Alcohol %: 1.01% (100%), Protein: 52.36g (104.72%), Vitamin B12: 14.31µg (238.51%), Vitamin B3: 14.53mg (72.64%), Vitamin B2: 1.11mg (65.16%), Iron: 8.51mg (47.26%), Phosphorus: 463.12mg (46.31%), Vitamin B6: 0.85mg (42.74%), Vitamin B1: 0.5mg (33.45%), Zinc: 4.82mg (32.16%), Selenium: 22.05µg (31.49%), Copper: 0.6mg (30.1%), Potassium: 753.52mg (21.53%), Manganese: 0.41mg (20.5%), Magnesium: 59.8mg (14.95%), Vitamin E: 1.78mg (11.89%), Vitamin K: 8.99µg (8.56%), Vitamin C: 6.04mg (7.32%), Vitamin A: 181.15IU (3.62%), Calcium: 31.62mg (3.16%), Fiber: 0.75g (3%), Folate: 10.94µg (2.73%)