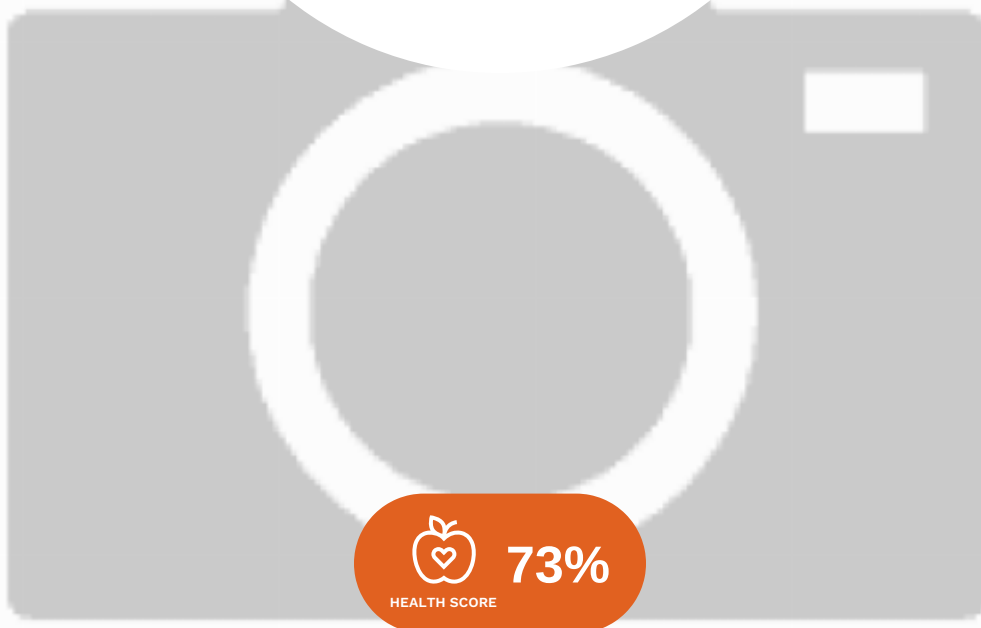




Roasted Venison with Fresh Cranberry Sauce



Gluten Free



Very Healthy

READY IN



130 min.

SERVINGS



3

CALORIES



2091 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups beef stock
- ☐ 0.5 cup butter
- ☐ 6 ounces cranberries fresh
- ☐ 1.5 teaspoons basil dried
- ☐ 1.5 teaspoons sage dried
- ☐ 0.3 cup cooking sherry dry such as Oloroso
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons garlic minced

- ☐ 1 pinch kosher salt and pepper black freshly ground to taste
- ☐ 2.5 cups onion divided finely chopped
- ☐ 2 cups orange juice fresh
- ☐ 0.5 cup currant jelly red
- ☐ 8 pound venison roast bone-in

Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 450 degrees F (230 degrees C).
- ☐ Spread garlic all over venison roast, season with salt and pepper, and place in a roasting pan.
- ☐ Heat butter in a skillet over medium-low heat and cook and stir 1/2 cup onion, cilantro, sage, and basil until onion has softened and turned translucent, about 5 minutes.
- ☐ Spread the butter mixture evenly over the roast.
- ☐ Roast in the preheated oven for 20 minutes.
- ☐ Add remaining 2 cups onion, orange juice, and cranberries to the roasting pan; reduce oven temperature to 325 degrees F (165 degrees C). Continue to roast, basting frequently, until a meat thermometer inserted into the thickest part reads 140 degrees F for medium rare, about 1 hour.
- ☐ Remove the roast from the pan; cover to keep warm while you prepare the sauce.
- ☐ Pour beef stock into the roasting pan, and bring to a boil while scraping the browned bits of food off the bottom of the pan with a wooden spoon. Continue boiling until the liquid is reduced by half, about 10 minutes. Skim off any fat; stir in the jelly and sherry. Continue to boil until the sauce is slightly thickened and evenly coats the back of a spoon, about 3 minutes. Season with salt and pepper.

Nutrition Facts

PROTEIN 56.8% FAT 27.14% CARBS 16.06%

Properties

Glycemic Index:112.67, Glycemic Load:35.39, Inflammation Score:-10, Nutrition Score:65.703043481578%

Flavonoids

Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.26mg, Malvidin: 0.26mg, Malvidin: 0.26mg, Malvidin: 0.26mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg, Epicatechin: 2.59mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 19.84mg, Hesperetin: 19.84mg, Hesperetin: 19.84mg, Hesperetin: 19.84mg Naringenin: 3.61mg, Naringenin: 3.61mg, Naringenin: 3.61mg, Naringenin: 3.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg, Isorhamnetin: 6.68mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 3.97mg, Myricetin: 3.97mg, Myricetin: 3.97mg, Myricetin: 3.97mg Quercetin: 36.7mg, Quercetin: 36.7mg, Quercetin: 36.7mg, Quercetin: 36.7mg

Nutrients (% of daily need)

Calories: 2091.37kcal (104.57%), Fat: 60.81g (93.55%), Saturated Fat: 31.15g (194.67%), Carbohydrates: 81.02g (27.01%), Net Carbohydrates: 75.39g (27.42%), Sugar: 51.03g (56.7%), Cholesterol: 1109.48mg (369.83%), Sodium: 1364.52mg (59.33%), Alcohol: 2.06g (100%), Alcohol %: 0.14% (100%), Protein: 286.37g (572.74%), Vitamin B12: 76.39µg (1273.15%), Vitamin B3: 80.15mg (400.77%), Vitamin B2: 6.19mg (364.38%), Phosphorus: 2624.48mg (262.45%), Vitamin B6: 4.96mg (248.23%), Iron: 43.43mg (241.3%), Vitamin B1: 2.98mg (198.77%), Selenium: 123.42µg (176.31%), Zinc: 26.25mg (174.98%), Copper: 3.42mg (171.22%), Potassium: 4970.53mg (142.02%), Vitamin C: 107.5mg (130.31%), Magnesium: 340.45mg (85.11%), Manganese: 1.09mg (54.55%), Folate: 138.93µg (34.73%), Vitamin K: 33.52µg (31.92%), Vitamin E: 4.33mg (28.84%), Vitamin A: 1410.11IU (28.2%), Fiber: 5.63g (22.51%), Calcium: 178mg (17.8%), Vitamin B5: 0.75mg (7.51%)