



Rosemary Salt-Crusted Venison with Cherry-Cabernet Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons butter chilled cut into small pieces
- ☐ 1 cup wine dry red
- ☐ 1 tablespoon cornstarch
- ☐ 0.8 cup cherries dried
- ☐ 0.5 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 cups less-sodium beef broth

- ☐ 4 teaspoons olive oil divided
- ☐ 1 teaspoon rosemary salt divided
- ☐ 0.5 pound shallots peeled quartered
- ☐ 18 ounces venison tenderloins trimmed
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

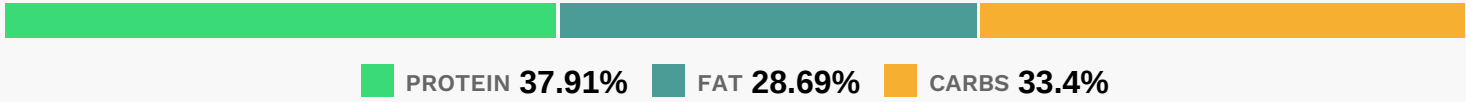
Directions

- ☐ Preheat oven to 400
- ☐ Combine shallots and 2 teaspoons oil; toss well. Arrange shallots in a single layer in a shallow roasting pan.
- ☐ Rub venison evenly with 1/2 teaspoon Rosemary Salt and pepper.
- ☐ Heat remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add venison; cook 6 minutes, browning on all sides.
- ☐ Remove venison from pan; arrange on top of shallots in roasting pan.
- ☐ Bake at 400 for 17 minutes or until a thermometer registers 145 (medium-rare).
- ☐ Remove venison and shallots from pan. Keep venison warm. Chop shallots.
- ☐ Heat skillet over medium-high heat.
- ☐ Add shallots, wine, and cherries; cook until liquid is reduced to 1/2 cup (about 3 minutes), scraping pan to loosen browned bits.
- ☐ Add broth and remaining 1/2 teaspoon Rosemary Salt; bring to a boil. Reduce heat, and simmer until reduced to 2 cups (about 5 minutes).
- ☐ Combine 1 tablespoon water and cornstarch in a small bowl.

- ☐
- Add cornstarch mixture to pan; bring to a boil. Cook 1 minute, stirring constantly.

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Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:2.35, Inflammation Score:-7, Nutrition Score:20.082173886506%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 403.68kcal (20.18%), Fat: 11.42g (17.57%), Saturated Fat: 4.48g (27.98%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 25.86g (9.41%), Sugar: 16.33g (18.14%), Cholesterol: 119.72mg (39.91%), Sodium: 856.16mg (37.22%), Alcohol: 6.3g (100%), Alcohol %: 2.12% (100%), Protein: 33.95g (67.89%), Vitamin B12: 8.06µg (134.31%), Vitamin B3: 8.25mg (41.24%), Vitamin B2: 0.63mg (36.85%), Vitamin B6: 0.67mg (33.51%), Iron: 5.45mg (30.28%), Phosphorus: 293.93mg (29.39%), Potassium: 783.72mg (22.39%), Vitamin B1: 0.32mg (21.07%), Zinc: 2.91mg (19.37%), Copper: 0.38mg (18.93%), Vitamin A: 941.88IU (18.84%), Selenium: 13.18µg (18.83%), Fiber: 4.05g (16.18%), Manganese: 0.25mg (12.64%), Magnesium: 42.12mg (10.53%), Vitamin C: 5.99mg (7.26%), Vitamin E: 0.98mg (6.56%), Folate: 25.33µg (6.33%), Calcium: 50.96mg (5.1%), Vitamin K: 5.04µg (4.8%), Vitamin B5: 0.18mg (1.79%)