



Slow Cooked Teriyaki Venison

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



385 min.

SERVINGS



8

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple juice unsweetened
- 1 cup brown sugar packed
- 2 tablespoons cornstarch
- 0.5 teaspoon salt
- 0.3 cup soya sauce
- 2 pound venison roast
- 3 tablespoons water cold

Equipment

- bowl
- sieve
- slow cooker

Directions

- Cut venison roast in half and rub with brown sugar.
- Place roast into a slow cooker and add the apple juice, soy sauce, and salt. Cover and cook on Low setting for 6 hours or until meat is tender.
- Remove meat from slow cooker, cover, and let stand for 15 minutes.
- Pour drippings through strainer into medium sized bowl, return juices to slow cooker and discard material in strainer. In a small bowl, combine water and cornstarch until smooth; stir into cooking juices until well combined. Cover and cook on High until thickened, about 15 minutes. Slice meat and serve with gravy.

Nutrition Facts

PROTEIN 42.45% **FAT 9.76%** **CARBS 47.79%**

Properties

Glycemic Index:6.97, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:14.91434797839%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 258.75kcal (12.94%), Fat: 2.77g (4.26%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 30.39g (11.05%), Sugar: 27.83g (30.93%), Cholesterol: 96.39mg (32.13%), Sodium: 751.73mg (32.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.1g (54.2%), Vitamin B12: 7.16µg (119.26%), Vitamin B3: 7.64mg (38.22%), Vitamin B2: 0.56mg (32.99%), Phosphorus: 243.71mg (24.37%), Iron: 4.3mg (23.91%), Vitamin B6: 0.45mg (22.6%), Vitamin B1: 0.26mg (17.16%), Selenium: 11.47µg (16.39%), Zinc: 2.42mg (16.16%), Copper: 0.32mg (15.81%), Potassium: 428.2mg (12.23%), Magnesium: 33.06mg (8.26%), Manganese: 0.12mg (6.07%), Calcium: 31.55mg (3.16%), Folate: 6.55µg (1.64%), Vitamin E: 0.23mg (1.52%), Vitamin K: 1.25µg (1.19%)