



 **34%**
HEALTH SCORE

Slow Cooker Venison Roast

 Dairy Free

READY IN



370 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 ounce onion soup mix dry
- 1 tablespoon garlic salt
- 0.3 teaspoon pepper black
- 1 large onion sliced
- 1 tablespoon soya sauce
- 3 pounds venison boneless
- 1 tablespoon worcestershire sauce

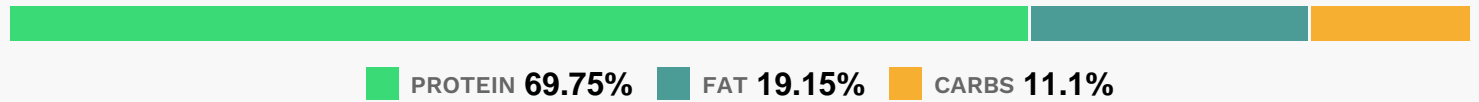
Equipment

- bowl
- slow cooker

Directions

- Put cleaned meat in slow cooker and cover with onion.
- Sprinkle with soy sauce, Worcestershire sauce, garlic salt and pepper.
- In a small bowl combine the soup mix and the soup; mix together and pour mixture over venison. Cook on Low setting for 6 hours.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:26.301739239822%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 331.17kcal (16.56%), Fat: 6.75g (10.39%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 8.82g (2.94%), Net Carbohydrates: 7.93g (2.88%), Sugar: 1.61g (1.79%), Cholesterol: 195.32mg (65.11%), Sodium: 2223.42mg (96.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.36g (110.72%), Vitamin B12: 14.39µg (239.87%), Vitamin B3: 15.14mg (75.71%), Vitamin B2: 1.15mg (67.48%), Phosphorus: 495.81mg (49.58%), Iron: 8.42mg (46.77%), Vitamin B6: 0.92mg (46.16%), Zinc: 5.42mg (36.11%), Vitamin B1: 0.54mg (35.84%), Copper: 0.71mg (35.68%), Selenium: 22.41µg (32.01%), Potassium: 886.15mg (25.32%), Manganese: 0.34mg (16.88%), Magnesium: 62.79mg (15.7%), Folate: 18.16µg (4.54%), Fiber: 0.88g (3.53%), Vitamin E: 0.47mg (3.12%), Calcium: 30.6mg (3.06%), Vitamin C: 2.38mg (2.88%), Vitamin K: 2.83µg (2.69%), Vitamin B5: 0.18mg (1.8%)