



Smoked venison with melon salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 0.5 a honeydew melon deseeded
- ☐ 100 g pack venison smoked (or use duck or prosciutto)
- ☐ 1 bunch watercress
- ☐ 0.5 a cucumber peeled
- ☐ 1 tsp clear honey
- ☐ 1 tsp wholegrain mustard
- ☐ 2 tbsp olive oil for drizzling
- ☐ 2 tsp citrus champagne vinegar

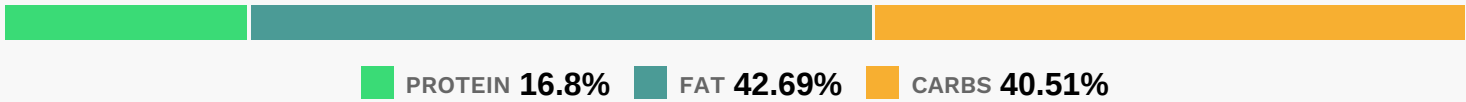
Equipment

- ☐ bowl
- ☐ whisk
- ☐ measuring spoon
- ☐ melon baller

Directions

- ☐ Whisk together the dressing ingredients with a tiny pinch of salt, then set aside. Using a large melon baller or similar shaped implement (we used a measuring spoon), scoop balls out of the melon into a bowl.
- ☐ Cut any large slices of venison in half and arrange on 2 plates overlapping in a petal fashion, then place 5–6 melon balls around the venison.
- ☐ Toss the watercress and cucumber together in a bowl, then lightly sit a mound in the centre of each plate.
- ☐ Drizzle everything with the dressing and a little extra olive oil, then serve straight away.

Nutrition Facts



Properties

Glycemic Index:65.64, Glycemic Load:1.71, Inflammation Score:-7, Nutrition Score:20.076956603838%

Flavonoids

Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin:
0.02mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg,
Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin:
3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 322.45kcal (16.12%), Fat: 15.88g (24.42%), Saturated Fat: 2.55g (15.93%), Carbohydrates: 33.9g (11.3%),
Net Carbohydrates: 30.64g (11.14%), Sugar: 29.95g (33.28%), Cholesterol: 42.5mg (14.17%), Sodium: 118.04mg

(5.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.06g (28.11%), Vitamin C: 65.43mg (79.31%), Vitamin B12: 3.15µg (52.58%), Vitamin K: 54.95µg (52.33%), Potassium: 1039.51mg (29.7%), Vitamin B6: 0.52mg (26.18%), Vitamin B3: 4.59mg (22.97%), Folate: 74.67µg (18.67%), Vitamin B2: 0.32mg (18.54%), Vitamin B1: 0.27mg (18.06%), Phosphorus: 162.69mg (16.27%), Vitamin E: 2.34mg (15.57%), Iron: 2.59mg (14.39%), Magnesium: 56.6mg (14.15%), Copper: 0.27mg (13.49%), Fiber: 3.26g (13.05%), Vitamin A: 614.65IU (12.29%), Selenium: 8.16µg (11.65%), Manganese: 0.21mg (10.38%), Zinc: 1.5mg (10%), Vitamin B5: 0.72mg (7.25%), Calcium: 49.42mg (4.94%)