



Spiced braised venison with chilli & chocolate



Vegetarian



Dairy Free

READY IN



175 min.

SERVINGS



6

CALORIES



226 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp vegetable oil
- ☐ 3 large carrots roughly chopped
- ☐ 1 onion roughly chopped
- ☐ 1 tbsp cumin seeds
- ☐ 1 tsp ground coriander
- ☐ 1 large pinch chili powder
- ☐ 1 small cinnamon sticks
- ☐ 1 to 5 chillies whole red

- ☐ 1 tbsp flour plain
- ☐ 500 ml red wine
- ☐ 300 ml beef stock
- ☐ 400 g canned tomatoes chopped canned
- ☐ 1 large thyme leaves
- ☐ 2 bay leaves
- ☐ 50 g chocolate dark 70% (more than cocoa solids)

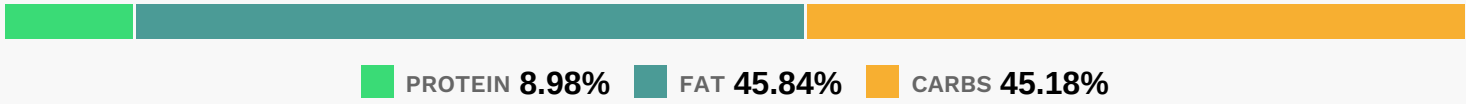
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat the oil in a large flameproof casserole dish and brown the meat in batches.
- ☐ Add the vegetables in the dish and brown lightly, then stir in the spices, chilli and flour, and cook for a few mins.
- ☐ Pour in the wine, stock and tomatoes, then add the herbs. Bring to a simmer.
- ☐ Cover with a lid and put in the oven for 1 hr 30 mins, then remove the lid and cook for a further 1 hr until the meat is really tender.
- ☐ Remove from the oven and leave to cool slightly, then stir in the chocolate and serve.

Nutrition Facts



Properties

Glycemic Index:54.14, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:15.451304326887%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 1.67mg, Petunidin: 1.67mg, Petunidin: 1.67mg, Petunidin: 1.67mg Delphinidin: 1.7mg, Delphinidin: 1.7mg, Delphinidin: 1.7mg, Delphinidin: 1.7mg

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Nutrients (% of daily need)

Calories: 225.74kcal (11.29%), Fat: 8.76g (13.48%), Saturated Fat: 2.82g (17.64%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 15.21g (5.53%), Sugar: 8.65g (9.61%), Cholesterol: 0.25mg (0.08%), Sodium: 221.89mg (9.65%), Alcohol: 8.96g (100%), Alcohol %: 4.06% (100%), Caffeine: 6.67mg (2.22%), Protein: 3.86g (7.72%), Vitamin A: 6263.54IU (125.27%), Manganese: 0.64mg (32.02%), Vitamin C: 20.84mg (25.26%), Iron: 3.47mg (19.3%), Potassium: 649.28mg (18.55%), Vitamin K: 19µg (18.1%), Copper: 0.35mg (17.67%), Fiber: 4.22g (16.88%), Magnesium: 59.51mg (14.88%), Vitamin B6: 0.3mg (14.81%), Phosphorus: 111.51mg (11.15%), Vitamin B3: 2.14mg (10.71%), Vitamin E: 1.61mg (10.7%), Vitamin B2: 0.16mg (9.26%), Vitamin B1: 0.13mg (8.56%), Calcium: 75.19mg (7.52%), Folate: 25.14µg (6.28%), Zinc: 0.88mg (5.89%), Vitamin B5: 0.39mg (3.9%), Selenium: 2.49µg (3.55%)