



## Sweet-and-Sour Elk

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounces apricot preserves
- 0.3 cup brown sugar packed
- 0.3 cup brown sugar packed
- 0.5 cup catalina salad dressing
- 1 tablespoon apple cider vinegar
- 6 servings rice hot cooked
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- 1.5 pounds elk steaks cut into 1/2-inch strips
- 1 envelope onion soup mix
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup water

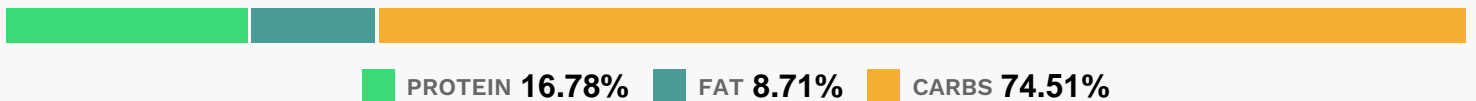
## Equipment

- bowl
- oven
- baking pan

## Directions

- In a bowl, combine soup mix and water; let stand for 15 minutes.
- Add preserves, salad dressing, brown sugar and vinegar; mix well.
- Place elk in a greased 13-in. x 9-in. baking dish.
- Sprinkle with salt and pepper.
- Pour apricot mixture over the elk. Cover and bake at 350° for 45 minutes. Uncover and bake 30-40 minutes longer or until meat is fork-tender.
- Serve over rice.

## Nutrition Facts



## Properties

Glycemic Index:66.5, Glycemic Load:71.76, Inflammation Score:-3, Nutrition Score:21.160869617825%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 707.63kcal (35.38%), Fat: 6.85g (10.54%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 131.8g (43.93%), Net Carbohydrates: 130.22g (47.35%), Sugar: 48.35g (53.72%), Cholesterol: 0mg (0%), Sodium: 1259.85mg (54.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.69g (59.37%), Vitamin B6: 1.29mg (64.55%), Manganese: 1.23mg (61.39%), Selenium: 37.39µg (53.41%), Vitamin B3: 8.61mg (43.03%), Zinc: 6mg (39.98%), Phosphorus: 362.55mg (36.25%), Vitamin B12: 2.01µg (33.45%), Vitamin B2: 0.37mg (21.64%), Copper: 0.42mg (20.94%), Iron: 3.56mg (19.75%), Potassium: 618.24mg (17.66%), Vitamin B5: 1.73mg (17.32%), Vitamin B1: 0.25mg (16.43%), Magnesium: 63.95mg (15.99%), Calcium: 65.41mg (6.54%), Fiber: 1.58g (6.32%), Vitamin C: 5.22mg (6.32%), Vitamin A: 117.69IU (2.35%), Folate: 7.87µg (1.97%), Vitamin E: 0.18mg (1.19%)