



Teriyaki Venison

 Dairy Free

READY IN



270 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons creole seasoning
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 1 pound venison steaks cubed
- ☐ 0.3 cup teriyaki sauce
- ☐ 0.5 cup vegetable oil

Equipment

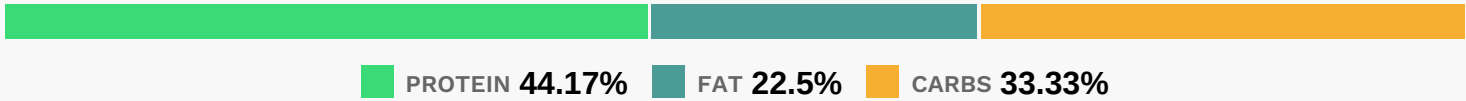
- ☐ bowl

☐ frying pan

Directions

- ☐ Place the venison in a large bowl. Cover with the teriyaki sauce, and sprinkle with garlic. Marinate at least 4 hours in the refrigerator.
- ☐ Sift together the flour and Creole seasoning. Dredge the venison in the flour mixture to coat. Discard remaining marinade.
- ☐ Heat the oil in a skillet over medium heat. Cook the venison 15 minutes, or until browned.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:17.67, Inflammation Score:-8, Nutrition Score:23.443043387454%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 364.32kcal (18.22%), Fat: 8.9g (13.69%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 28.08g (10.21%), Sugar: 3.75g (4.16%), Cholesterol: 89.58mg (29.86%), Sodium: 985.55mg (42.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.65%), Vitamin B3: 14.58mg (72.9%), Vitamin B6: 0.98mg (49.05%), Vitamin B2: 0.78mg (45.77%), Phosphorus: 395.21mg (39.52%), Vitamin B1: 0.58mg (38.82%), Selenium: 26.44µg (37.78%), Iron: 6.73mg (37.37%), Vitamin B12: 2.08µg (34.59%), Zinc: 4.44mg (29.63%), Vitamin A: 1040.43IU (20.81%), Folate: 72.02µg (18.01%), Copper: 0.34mg (17.09%), Potassium: 597.13mg (17.06%), Manganese: 0.33mg (16.47%), Magnesium: 59.83mg (14.96%), Vitamin K: 13.52µg (12.87%), Vitamin E: 1.91mg (12.77%), Vitamin B5: 1.18mg (11.81%), Fiber: 1.59g (6.36%), Vitamin C: 2.53mg (3.07%), Calcium: 24.81mg (2.48%)