



Venison

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



834 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs
- ☐ 2 eggs beaten for egg wash
- ☐ 0.5 pound ground pork
- ☐ 0.5 pound ground venison
- ☐ 3 tablespoons freshly parsley leaves chopped
- ☐ 4 sheets puff pastry dough square sheets of puff pastry) often sold in 17 or 18-ounce packages containing 2 9 or 10-inch
- ☐ 1 onion red finely chopped
- ☐ 1 tablespoon freshly rosemary leaves chopped

- ☐ 8 servings salt and pepper black freshly ground
- ☐ 2 tablespoons freshly thyme leaves fresh chopped

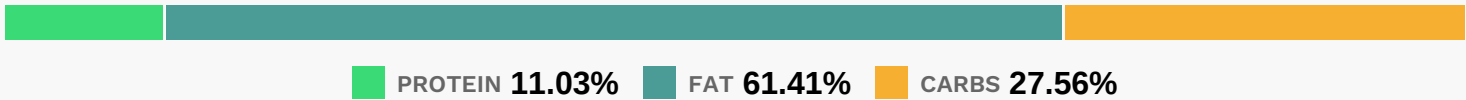
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ wooden spoon
- ☐ stove

Directions

- ☐ Make "sausage" mixture by mixing venison, pork, eggs, parsley, thyme, rosemary, onion, and salt and pepper, to taste.
- ☐ Saute sausage mixture over medium-high heat on the stovetop until browned, using a wooden spoon to keep the texture of the mixture "fine" (not chunky) while cooking.
- ☐ Drain the meat mixture well and set aside to cool.
- ☐ Preheat oven to 350 degrees F.
- ☐ Roll out each puff pastry sheet and cut each of the 4 sheets into 4 squares, yielding 16 squares. (These will be 4 1/2 or 5-inch square.)
- ☐ Spread the "sausage" mixture, over the surface of each of the 16 squares and roll up the dough "jelly roll" style (so the cross-section of the roll will be a spiral design), seal dough on the ends by crimping, and place on a baking sheet.
- ☐ Bake until golden brown, approximately 15 minutes, until golden brown.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:30.34, Inflammation Score:-9, Nutrition Score:21.074347651523%

Flavonoids

Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg, Apigenin: 3.28mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 834.39kcal (41.72%), Fat: 56.89g (87.52%), Saturated Fat: 15.72g (98.26%), Carbohydrates: 57.44g (19.15%), Net Carbohydrates: 54.94g (19.98%), Sugar: 1.58g (1.76%), Cholesterol: 124.93mg (41.64%), Sodium: 375.1mg (16.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.98%), Selenium: 46.29µg (66.14%), Vitamin B1: 0.87mg (57.92%), Vitamin K: 44.95µg (42.81%), Vitamin B3: 8.04mg (40.2%), Vitamin B2: 0.61mg (35.87%), Manganese: 0.68mg (33.92%), Folate: 114.91µg (28.73%), Iron: 5.11mg (28.38%), Phosphorus: 230.7mg (23.07%), Zinc: 2.83mg (18.85%), Vitamin B6: 0.33mg (16.59%), Vitamin B12: 0.92µg (15.41%), Copper: 0.23mg (11.4%), Fiber: 2.5g (9.99%), Magnesium: 39.23mg (9.81%), Potassium: 322.76mg (9.22%), Vitamin B5: 0.75mg (7.54%), Vitamin C: 6.17mg (7.47%), Vitamin E: 1.04mg (6.9%), Vitamin A: 340.15IU (6.8%), Calcium: 47.62mg (4.76%), Vitamin D: 0.44µg (2.93%)