



## Venison Cheddar-Jalapeno Summer Sausage

 **Gluten Free**  **Very Healthy**

READY IN



120 min.

SERVINGS



2

CALORIES



1395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon garlic powder
- 1 teaspoon pepper black
- 3 pounds ground venison lean
- 2 jalapeno minced seeded
- 2 teaspoons liquid smoke
- 2 teaspoons mustard seeds
- 1 cup cheddar cheese shredded
- 3 tablespoons sugar quick (such as morton tender )

1 cup water cold

## Equipment

## Nutrition Facts

**PROTEIN 47.75%** **FAT 45.56%** **CARBS 6.69%**

## Properties

Glycemic Index:83.05, Glycemic Load:13.28, Inflammation Score:-7, Nutrition Score:55.418695652174%

## Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 1394.81kcal (69.74%), Fat: 68.96g (106.1%), Saturated Fat: 33.81g (211.29%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 21.64g (7.87%), Sugar: 18.97g (21.08%), Cholesterol: 600.81mg (200.27%), Sodium: 898.91mg (39.08%), Protein: 162.62g (325.23%), Vitamin B1: 3.78mg (251.7%), Vitamin B12: 13.32µg (222.04%), Zinc: 30.92mg (206.15%), Vitamin B3: 39.16mg (195.78%), Phosphorus: 1662.62mg (166.26%), Vitamin B6: 3.29mg (164.71%), Vitamin B2: 2.23mg (130.99%), Selenium: 90.84µg (129.78%), Iron: 20.46mg (113.67%), Potassium: 2377.19mg (67.92%), Copper: 1.04mg (51.92%), Vitamin B5: 5.02mg (50.22%), Calcium: 493.3mg (49.33%), Magnesium: 175.38mg (43.85%), Vitamin E: 4.16mg (27.73%), Vitamin C: 16.84mg (20.41%), Manganese: 0.33mg (16.54%), Vitamin A: 723.45IU (14.47%), Vitamin K: 13.92µg (13.25%), Folate: 48.6µg (12.15%), Fiber: 1.15g (4.58%), Vitamin D: 0.34µg (2.26%)