

## Venison Fingers

READY IN



30 min.

SERVINGS



8

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup brown sugar
- 1 eggs beaten
- 2 cups flour all-purpose
- 0.3 cup penzey's southwest seasoning italian
- 1 cup mustard prepared
- 1 quart oil for frying
- 1.5 cups parmesan cheese
- 1 pound venison steaks cut into strips

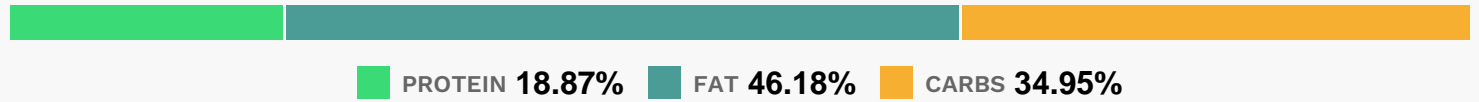
## Equipment

- bowl
- frying pan
- sauce pan
- deep fryer

## Directions

- Heat the oil in skillet or deep fryer to 375 degrees F (190 degrees C).
- In a bowl, mix the flour, Parmesan cheese, and Italian seasoning. Dip venison strips in egg, then in the flour mixture to evenly coat.
- Fry coated venison strips in the hot oil until golden brown.
- Melt the brown sugar in a saucepan over medium heat, and mix in the mustard.
- Serve as a dipping sauce with venison strips.

## Nutrition Facts



## Properties

Glycemic Index:17.38, Glycemic Load:17.53, Inflammation Score:-6, Nutrition Score:21.044347651627%

## Nutrients (% of daily need)

Calories: 616.77kcal (30.84%), Fat: 31.8g (48.92%), Saturated Fat: 5.64g (35.24%), Carbohydrates: 54.15g (18.05%), Net Carbohydrates: 51.33g (18.67%), Sugar: 27.43g (30.48%), Cholesterol: 78mg (26%), Sodium: 691.58mg (30.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.24g (58.48%), Selenium: 35.02µg (50.03%), Vitamin B3: 8.27mg (41.37%), Phosphorus: 368.76mg (36.88%), Vitamin E: 4.99mg (33.28%), Vitamin B2: 0.56mg (33.01%), Vitamin B1: 0.48mg (31.67%), Calcium: 299.56mg (29.96%), Iron: 5.26mg (29.23%), Vitamin K: 27.77µg (26.45%), Vitamin B6: 0.52mg (25.86%), Manganese: 0.46mg (22.85%), Vitamin B12: 1.31µg (21.86%), Zinc: 3.11mg (20.74%), Folate: 72.2µg (18.05%), Magnesium: 54.26mg (13.56%), Copper: 0.23mg (11.46%), Fiber: 2.82g (11.28%), Potassium: 386.1mg (11.03%), Vitamin B5: 0.94mg (9.42%), Vitamin A: 223.75IU (4.48%), Vitamin D: 0.2µg (1.36%)