






 **60%**
HEALTH SCORE

Venison Gyros

 Dairy Free  Very Healthy

READY IN

165 min.

SERVINGS

6

CALORIES

480 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 2 teaspoons marjoram dried
- 1 tablespoon garlic minced
- 1.5 tablespoons ground cumin
- 2 teaspoons ground rosemary dried
- 2 tablespoons olive oil
- 1 tablespoon oregano dried
- 12 ounce pita breads warmed
- 1 tablespoon red wine vinegar

- 6 servings salt and pepper to taste
- 3 pounds venison thick cut into 1/4 strips

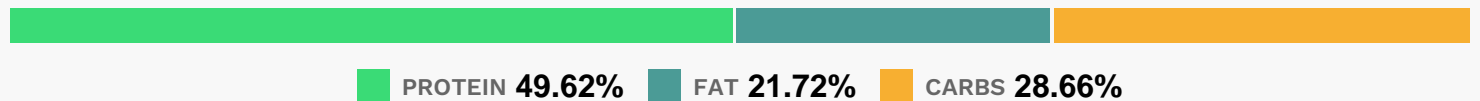
Equipment

- bowl
- frying pan
- whisk
- plastic wrap

Directions

- Whisk together the olive oil, cumin, garlic, marjoram, rosemary, oregano, red wine vinegar, salt, and pepper in a large glass or ceramic bowl.
- Add the venison strips, and toss to evenly coat. Cover the bowl with plastic wrap, and marinate in the refrigerator at least 2 hours.
- Heat a large skillet over medium-high heat. Cook the venison strips, a half pound at a time, until the venison has browned on the outside and is no longer pink on the inside, about 8 minutes. Pile the meat onto warmed pitas to serve.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:29.59, Inflammation Score:-7, Nutrition Score:28.591304198555%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 479.83kcal (23.99%), Fat: 11.22g (17.26%), Saturated Fat: 2.93g (18.33%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 31.49g (11.45%), Sugar: 0.08g (0.09%), Cholesterol: 192.78mg (64.26%), Sodium: 616.65mg (26.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.67g (115.33%), Vitamin B12: 14.31µg (238.51%), Vitamin B3: 15.78mg (78.9%), Vitamin B2: 1.15mg (67.92%), Iron: 9.91mg (55.03%), Phosphorus: 524.21mg (52.42%),

Vitamin B6: 0.89mg (44.56%), Vitamin B1: 0.66mg (44.28%), Zinc: 5.33mg (35.53%), Copper: 0.69mg (34.61%), Selenium: 22.31µg (31.87%), Manganese: 0.48mg (24.18%), Potassium: 833.8mg (23.82%), Magnesium: 75.27mg (18.82%), Vitamin K: 10.8µg (10.28%), Calcium: 91.19mg (9.12%), Vitamin E: 1.33mg (8.86%), Fiber: 1.81g (7.26%), Folate: 25.04µg (6.26%), Vitamin B5: 0.24mg (2.41%)