



Venison Oscar



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 asparagus spears
- ☐ 2 teaspoons crab boil seasoning recommended: Old Bay
- ☐ 3 egg yolks
- ☐ 2 teaspoons juice of lemon freshly squeezed
- ☐ 0.5 pound lump crab meat
- ☐ 4 tablespoons mayonnaise
- ☐ 0.1 cup olive oil
- ☐ 8 servings salt and pepper black freshly ground

☐ 2 pounds venison top round sliced cut into 2-ounce servings and pounded thin

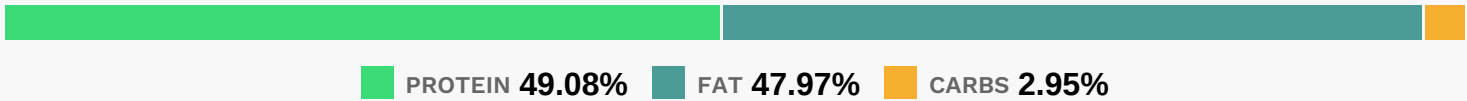
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Heat olive oil in a skillet. Season venison with salt and pepper and sear both sides lightly. Arrange on a baking sheet.
- ☐ Have a bowl of ice water handy. Blanch or steam asparagus tips until tender and shock cool in ice water.
- ☐ Combine mayonnaise, egg yolks, lemon juice, and crab boil seasoning in a bowl and mix well. Stir in lump crabmeat, trying to avoid breaking up lumps. Spoon crab mixture onto each venison cutlet and place 2 asparagus tips criss-crossed on top.
- ☐ Bake in oven until crab is light golden brown.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:22.13782630796%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 277.73kcal (13.89%), Fat: 14.47g (22.27%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.24g (0.45%), Sugar: 0.73g (0.81%), Cholesterol: 156.92mg (52.31%), Sodium: 358.14mg (15.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.32g (66.64%), Selenium: 51.21µg (73.16%), Vitamin B12: 4.22µg (70.37%), Zinc: 7.23mg (48.17%), Vitamin B6: 0.87mg (43.66%), Vitamin B3: 8.44mg (42.22%), Phosphorus: 361.65mg (36.16%), Vitamin K: 32.35µg (30.81%), Copper: 0.46mg (22.77%), Iron: 3.49mg (19.39%), Potassium: 560.28mg (16.01%), Vitamin B2: 0.26mg (15.43%), Folate: 56.15µg (14.04%), Magnesium: 48.49mg (12.12%), Vitamin B1: 0.18mg (12%), Vitamin B5: 1.17mg (11.74%), Vitamin E: 1.59mg (10.6%), Vitamin A: 364.39IU (7.29%), Manganese: 0.13mg (6.39%), Calcium: 60.47mg (6.05%), Vitamin C: 4.32mg (5.24%), Fiber: 0.76g (3.03%), Vitamin D: 0.38µg (2.52%)