

Venison Scaloppini

READY IN



95 min.

SERVINGS



5

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread crumbs fine
- 0.5 cup venison broth
- 0.3 cup butter
- 1 eggs
- 0.3 cup flour all-purpose for dredging
- 0.3 cup parsley fresh minced
- 1 clove garlic minced
- 0.3 cup cup heavy whipping cream light
- 1 cup parmesan cheese grated

- 5 servings salt and pepper to taste
- 1.5 pounds venison roast boneless

Equipment

- bowl
- frying pan
- oven
- meat tenderizer

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Stir together the eggs and cream, and set aside.
- Combine the bread crumbs, Parmesan, and minced parsley in a large bowl; set aside.
- Slice venison roast into serving size portions, 3/8 inch thick. Pound with a meat mallet to about 1/4 inch thickness. Season to taste with salt and pepper, then dredge in flour, shaking off the excess. Dip the venison into the egg, then press into the bread crumbs.
- Melt butter in an oven-safe frying pan with lid. Cook garlic until fragrant, then add the breaded venison, and cook on both sides until browned.
- Pour in sherry and venison broth. Bring to a simmer, cover, then transfer to the oven and bake until the venison is tender, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:37.4, Glycemic Load:3.54, Inflammation Score:-6, Nutrition Score:27.376521898353%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 499.71kcal (24.99%), Fat: 25.15g (38.69%), Saturated Fat: 13.88g (86.77%), Carbohydrates: 23.74g (7.91%), Net Carbohydrates: 22.48g (8.18%), Sugar: 1.46g (1.62%), Cholesterol: 207.89mg (69.3%), Sodium: 953.38mg (41.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.64g (85.29%), Vitamin B12: 9.08µg (151.31%), Vitamin B2: 0.91mg (53.69%), Vitamin B3: 10.73mg (53.67%), Vitamin K: 53.74µg (51.18%), Phosphorus: 479.71mg (47.97%), Selenium: 30.91µg (44.16%), Vitamin B1: 0.57mg (38.33%), Iron: 6.45mg (35.83%), Vitamin B6: 0.58mg (29.04%), Zinc: 4.27mg (28.47%), Calcium: 249.5mg (24.95%), Copper: 0.43mg (21.51%), Vitamin A: 918.34IU (18.37%), Manganese: 0.33mg (16.71%), Potassium: 580.9mg (16.6%), Magnesium: 53.49mg (13.37%), Folate: 51.36µg (12.84%), Vitamin E: 0.91mg (6.09%), Vitamin C: 4.27mg (5.18%), Fiber: 1.25g (5.01%), Vitamin B5: 0.42mg (4.21%), Vitamin D: 0.37µg (2.48%)