



Venison Steak with Peppers and Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons beef broth
- ☐ 3 bell peppers sliced into thin strips
- ☐ 1 tablespoon cornstarch
- ☐ 2.5 tablespoons cooking sherry dry
- ☐ 0.3 teaspoon ground pepper white
- ☐ 1 onion halved sliced
- ☐ 1 teaspoon salt
- ☐ 4 teaspoons soya sauce

- ☐ 2 teaspoons steak seasoning
- ☐ 1 teaspoon sugar-based curing mixture morton® tender quick® such as
- ☐ 2 tablespoons vegetable oil
- ☐ 1 pound venison lean cut into thin strips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ In a medium bowl, stir together the beef broth, sherry, soy sauce, salt and pepper. Season the meat with curing salt and steak seasoning, then place it in the bowl with the marinade. Cover and refrigerate for 2 to 3 hours.
- ☐ Heat one tablespoon of oil in a large skillet over medium-high heat. Use tongs or a slotted spoon to transfer the venison to the skillet, reserving the marinade. Cook and stir until browned and cooked through, 3 to 5 minutes, depending on the size of your pieces.
- ☐ Remove to a clean bowl.
- ☐ Heat the remaining tablespoon of oil in the same skillet over medium-high heat.
- ☐ Add the onion and bell pepper strips; cook and stir until starting to become tender, 2 to 3 minutes.
- ☐ Remove them from the pan and place them in the bowl with the meat.
- ☐ Dissolve the cornstarch in 2 tablespoons of the reserved marinade.
- ☐ Pour the rest of the marinade into the skillet. Bring to a boil, then simmer over medium heat for a minute. Stir in the cornstarch slurry and continue to cook, stirring slowly until thickened, about 1 minute. Return the meat and vegetables to the skillet and stir until coated with the sauce.
- ☐ Transfer to a serving dish.

Nutrition Facts



 **PROTEIN 44.89%**  **FAT 35.78%**  **CARBS 19.33%**

Properties

Glycemic Index:39.77, Glycemic Load:2.47, Inflammation Score:-9, Nutrition Score:26.717826045078%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg, Quercetin: 5.79mg

Nutrients (% of daily need)

Calories: 257.24kcal (12.86%), Fat: 9.95g (15.3%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 9.54g (3.47%), Sugar: 6.14g (6.82%), Cholesterol: 96.39mg (32.13%), Sodium: 1014.35mg (44.1%), Alcohol: 0.97g (100%), Alcohol %: 0.46% (100%), Protein: 28.08g (56.16%), Vitamin C: 116.42mg (141.12%), Vitamin B12: 7.16µg (119.36%), Vitamin A: 2821.29IU (56.43%), Vitamin B3: 8.48mg (42.39%), Vitamin B2: 0.64mg (37.78%), Vitamin B6: 0.74mg (37.16%), Phosphorus: 273.12mg (27.31%), Iron: 4.87mg (27.04%), Vitamin K: 26.33µg (25.07%), Vitamin B1: 0.32mg (21.15%), Zinc: 2.71mg (18.08%), Potassium: 620.57mg (17.73%), Copper: 0.33mg (16.62%), Selenium: 11.49µg (16.41%), Manganese: 0.3mg (15.02%), Vitamin E: 2.21mg (14.75%), Folate: 53.57µg (13.39%), Magnesium: 45.49mg (11.37%), Fiber: 2.55g (10.21%), Vitamin B5: 0.35mg (3.45%), Calcium: 31.54mg (3.15%)