



Venison steak with Port sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cinnamon sticks
- ☐ 6 tbsp redcurrant jelly
- ☐ 2 tbsp olive oil
- ☐ 1 orange zest
- ☐ 1 tbsp cracked pepper black
- ☐ 4 tbsp port
- ☐ 4 venison steaks

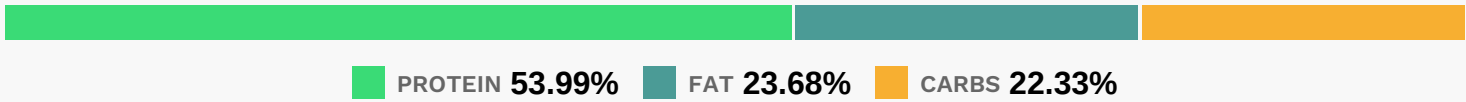
Equipment

☐ frying pan

Directions

- ☐ Make the gravy by simmering all the ingredients together until the redcurrant jelly has completely melted. Keep warm. Steam or simmer the potatoes until just tender, about 8 mins, then drain well and add a few drops of oil.
- ☐ Lay the venison on a board.
- ☐ Sprinkle some of the black pepper and a little salt on each side, pressing the pepper into the steaks.
- ☐ Heat the remaining oil in a pan. When it has a shimmering surface, add the steaks, 2 at a time. Cook for 2 mins on each side for rare, 3 mins for medium and 4 mins for well done. When cooked, return them all to the pan and pour over the sauce. Warm for 1 min, sprinkle with parsley.
- ☐ Serve with the potatoes and peas, if you like, and any extra sauce spooned over.

Nutrition Facts



Properties

Glycemic Index: 23, Glycemic Load: 11.38, Inflammation Score: -4, Nutrition Score: 29.80391272125%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 478.12kcal (23.91%), Fat: 11.85g (18.23%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 23.65g (8.6%), Sugar: 15.75g (17.5%), Cholesterol: 158mg (52.67%), Sodium: 125.57mg (5.46%), Alcohol: 2.3g (100%), Alcohol %: 1.13% (100%), Protein: 60.78g (121.55%), Vitamin B3: 21.61mg (108.06%), Vitamin B6: 1.53mg (76.45%), Vitamin B2: 1.06mg (62.19%), Vitamin B12: 3.66µg (61%), Phosphorus: 564.61mg (56.46%), Zinc: 7.33mg (48.87%), Iron: 8.64mg (48.03%), Selenium: 27.41µg (39.15%), Vitamin B1: 0.57mg (38.19%), Copper: 0.52mg

(25.82%), Potassium: 863.04mg (24.66%), Manganese: 0.43mg (21.6%), Vitamin B5: 1.79mg (17.86%), Magnesium: 66.3mg (16.58%), Vitamin E: 2.33mg (15.52%), Vitamin K: 9.34µg (8.9%), Vitamin C: 6.75mg (8.19%), Fiber: 1.49g (5.97%), Folate: 22.51µg (5.63%), Calcium: 39.51mg (3.95%)