



Venison steaks with wild mushroom sauce

 Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 25 g the following: parmesan rind) dried
- ☐ 3 venison steaks
- ☐ 25 g butter
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 shallots finely chopped
- ☐ 2 tbsp sherry dry
- ☐ 1 tbsp balsamic vinegar
- ☐ 6 tbsp double cream

☐ 1 serving potatoes mashed

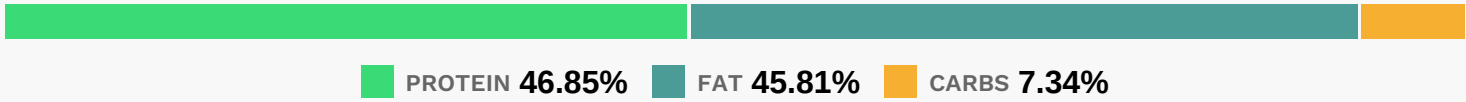
Equipment

☐ frying pan

Directions

- ☐ Soak the dried mushrooms in 100ml hot water for 10 mins until soft, then drain, reserving the liquid, roughly chop and set aside. Season the steaks with lots of pepper and a little salt.
- ☐ Heat the butter and oil in a frying pan until foaming, then cook the steaks for 2 mins on each side for medium rare or longer to your liking.
- ☐ Remove from the pan and keep warm.
- ☐ In the same pan, fry the shallot, then add the drained mushrooms and cook until lightly browned. Splash in the Sherry, then add the porcini liquid, balsamic vinegar and the cream, and simmer down to make a thick, creamy sauce.
- ☐ Put the steaks and their juices back in the pan, spoon over the sauce and serve with mash.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:33.297391414642%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg 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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 546.82kcal (27.34%), Fat: 27.11g (41.7%), Saturated Fat: 13.42g (83.87%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 8.53g (3.1%), Sugar: 2.62g (2.91%), Cholesterol: 209.82mg (69.94%), Sodium: 179.51mg (7.8%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 62.37g (124.74%), Vitamin B3: 22.74mg (113.71%), Vitamin B6: 1.64mg (81.89%), Vitamin B2: 1.19mg (70.26%), Vitamin B12: 3.72µg (62.04%), Phosphorus: 605.9mg (60.59%), Zinc: 8.03mg (53.52%), Iron: 8.52mg (47.35%), Selenium: 31.54µg (45.05%), Copper: 0.9mg (44.86%), Vitamin B1:

0.6mg (39.81%), Vitamin B5: 3.67mg (36.75%), Potassium: 996.64mg (28.48%), Vitamin E: 3.63mg (24.2%),
Magnesium: 76.73mg (19.18%), Vitamin A: 649.59IU (12.99%), Manganese: 0.2mg (9.99%), Folate: 36.02µg (9%),
Vitamin D: 0.81µg (5.37%), Fiber: 1.23g (4.93%), Vitamin K: 4.31µg (4.1%), Calcium: 40.18mg (4.02%), Vitamin C:
1.2mg (1.46%)