

Venison Stew

 Dairy Free

READY IN



200 min.

SERVINGS



5

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon cut into 1/2-inch pieces
- ☐ 1 pound venison boneless cut into 1-inch cubes
- ☐ 2 cups water
- ☐ 1 cup wine dry red
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.3 teaspoon pepper

- ☐ 1 cup pearl onions
- ☐ 2 medium carrots cut into 1-inch pieces
- ☐ 1 large potatoes cut into 1-inch pieces
- ☐ 0.5 cup water cold
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon browning sauce
- ☐ 2 tablespoons parsley fresh chopped

Equipment

- ☐ paper towels
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cook bacon in 4-quart Dutch oven over medium heat, stirring occasionally, until crisp.
- ☐ Remove bacon with slotted spoon, reserving fat in Dutch oven, and drain on paper towels; reserve.
- ☐ Cook venison in bacon fat over medium-high heat about 7 minutes, stirring occasionally, until brown. Stir in 2 cups water, the wine, salt, thyme, marjoram and pepper.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 2 hours or until venison is almost tender.
- ☐ Stir in onions, carrots and potato.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 30 minutes or until vegetables and venison are tender.
- ☐ Shake 1/2 cup cold water and the flour in a tightly covered container; gradually stir into stew. Stir in browning sauce.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute.
- ☐ Sprinkle with bacon and parsley.

Nutrition Facts



Properties

Glycemic Index:68.32, Glycemic Load:13.71, Inflammation Score:-10, Nutrition Score:24.445217566646%

Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg, Delphinidin: 2.01mg Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg, Malvidin: 12.6mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg, Epicatechin: 5.12mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg, Isorhamnetin: 2.38mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg

Nutrients (% of daily need)

Calories: 326.17kcal (16.31%), Fat: 9.42g (14.48%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 24.85g (8.28%), Net Carbohydrates: 21.52g (7.83%), Sugar: 3.87g (4.29%), Cholesterol: 88.73mg (29.58%), Sodium: 426.42mg (18.54%), Alcohol: 5.04g (100%), Alcohol %: 1.49% (100%), Protein: 25.85g (51.7%), Vitamin B12: 5.81µg (96.87%), Vitamin A: 4225.68IU (84.51%), Vitamin B3: 7.85mg (39.25%), Vitamin B6: 0.69mg (34.74%), Vitamin B2: 0.52mg (30.87%), Vitamin K: 32.26µg (30.72%), Phosphorus: 278.99mg (27.9%), Vitamin C: 21.77mg (26.39%), Vitamin B1: 0.38mg (25.46%), Iron: 4.25mg (23.59%), Potassium: 796.94mg (22.77%), Selenium: 14.35µg (20.5%), Copper: 0.38mg (18.8%), Zinc: 2.52mg (16.81%), Manganese: 0.3mg (14.83%), Fiber: 3.33g (13.31%), Magnesium: 50.94mg (12.73%), Folate: 39.81µg (9.95%), Vitamin B5: 0.47mg (4.69%), Calcium: 40.73mg (4.07%), Vitamin E: 0.45mg (3.01%)