



Venison Tips and Rice

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6.8 ounce beef rice mix flavored
- 1 bell pepper green seeded sliced into strips
- 1 small onion chopped
- 1 bell pepper red seeded sliced into strips
- 1 pound venison stew meat
- 1 tablespoon vegetable oil

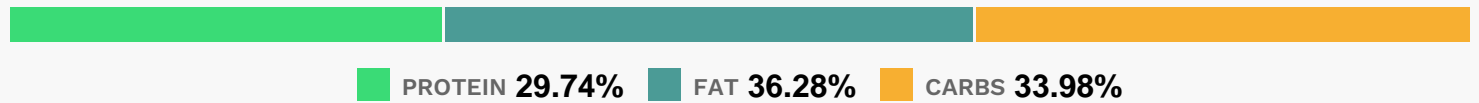
Equipment

- frying pan

Directions

- Heat the oil in a large skillet over medium-high heat.
- Add the venison chunks, and cook until nicely browned on the outside and almost cooked through.
- Prepare the beef flavored rice mix according to package directions. While the rice is cooking, add the venison, green pepper, red pepper and onion. Simmer until rice is done and peppers are tender.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:25.364347727402%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 419.63kcal (20.98%), Fat: 16.75g (25.77%), Saturated Fat: 6.13g (38.28%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 32.81g (11.93%), Sugar: 3.56g (3.96%), Cholesterol: 70.31mg (23.44%), Sodium: 1031.13mg (44.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.8%), Vitamin C: 63.58mg (77.07%), Vitamin B1: 0.87mg (57.96%), Selenium: 36.69µg (52.41%), Vitamin B3: 10.14mg (50.69%), Vitamin B6: 0.96mg (47.83%), Vitamin B12: 2.18µg (36.41%), Zinc: 5.38mg (35.87%), Phosphorus: 320.88mg (32.09%), Iron: 4.58mg (25.46%), Folate: 87.26µg (21.81%), Vitamin A: 1041.9IU (20.84%), Vitamin B2: 0.35mg (20.5%), Manganese: 0.36mg (18.17%), Potassium: 616.23mg (17.61%), Vitamin E: 1.95mg (13.03%), Magnesium: 47.08mg (11.77%), Vitamin K: 11.34µg (10.8%), Copper: 0.21mg (10.75%), Fiber: 2.49g (9.95%), Vitamin B5: 0.79mg (7.85%), Calcium: 45.09mg (4.51%)