



Venison with Blackberry Wine Sauce

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef stock
- 12 blackberries fresh
- 3 tablespoons garnish: blackberry jam
- 1 tablespoon butter
- 1 teaspoon garlic minced
- 4 servings salt and ground pepper black to taste
- 1 cup red wine
- 2 tablespoons shallots minced

- 2 pound venison steaks

Equipment

- frying pan
- sauce pan
- whisk
- sieve
- kitchen thermometer

Directions

- Heat shallots, garlic, blackberry jam, and red wine in a saucepan over medium-high heat. Simmer until reduced to 1/2 cup of liquid, about 15 minutes. Strain liquid through a fine mesh sieve and set aside.
- Heat the beef broth in a separate skillet over medium-high heat until reduced by half, 15 to 20 minutes.
- Whisk the two reduced sauces together, and stir in the butter. Season with salt and pepper.
- Heat a skillet over medium-high heat. Cook the venison steaks until they are beginning to firm, and are hot and slightly pink in the center, 3 to 4 minutes per side. An instant-read thermometer inserted into the center should read at least 145 degrees F (65 degrees C).
- Serve the steaks with the sauce and a few fresh blackberries.

Nutrition Facts



PROTEIN 67.9% **FAT 18.19%** **CARBS 13.91%**

Properties

Glycemic Index:59.25, Glycemic Load:6.18, Inflammation Score:-5, Nutrition Score:32.589129893676%

Flavonoids

Cyanidin: 6.11mg, Cyanidin: 6.11mg, Cyanidin: 6.11mg, Cyanidin: 6.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg Catechin:

6.51mg, Catechin: 6.51mg, Catechin: 6.51mg, Catechin: 6.51mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.55mg, Epicatechin: 2.55mg, Epicatechin: 2.55mg, Epicatechin: 2.55mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 473.34kcal (23.67%), Fat: 8.34g (12.83%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 14.35g (4.78%), Net Carbohydrates: 13.67g (4.97%), Sugar: 8.67g (9.63%), Cholesterol: 186.69mg (62.23%), Sodium: 278.59mg (12.11%), Alcohol: 6.36g (100%), Alcohol %: 2.14% (100%), Protein: 70.07g (140.14%), Vitamin B3: 25.12mg (125.58%), Vitamin B6: 1.81mg (90.68%), Vitamin B2: 1.25mg (73.7%), Vitamin B12: 4.16µg (69.27%), Phosphorus: 669.94mg (66.99%), Zinc: 8.49mg (56.62%), Iron: 9.91mg (55.04%), Selenium: 31.53µg (45.05%), Vitamin B1: 0.67mg (44.41%), Potassium: 1133mg (32.37%), Copper: 0.58mg (29.21%), Magnesium: 82.72mg (20.68%), Vitamin B5: 2.03mg (20.3%), Manganese: 0.23mg (11.48%), Vitamin E: 1.59mg (10.57%), Folate: 27.21µg (6.8%), Vitamin K: 4.67µg (4.45%), Vitamin C: 3.21mg (3.9%), Calcium: 32.44mg (3.24%), Fiber: 0.68g (2.74%), Vitamin A: 102.32IU (2.05%)