



Venison with Cranberry-Wine Sauce



Gluten Free



Dairy Free

READY IN



155 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup red wine dry red
- ☐ 1 tablespoon dijon mustard
- ☐ 1.3 pounds beef tenderloin steaks
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup beef broth
- ☐ 0.5 cup cranberries dried

- ☐ 2 tablespoons apple jelly
- ☐ 1 tablespoon stick margarine
- ☐ 2 tablespoons spring onion sliced

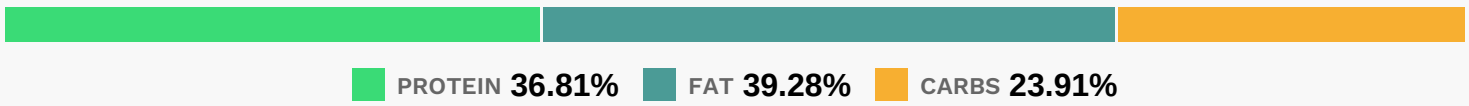
Equipment

- ☐ frying pan

Directions

- ☐ Mix wine and mustard until well blended.
- ☐ Place venison in resealable plastic food-storage bag or shallow glass or plastic dish.
- ☐ Pour wine mixture over venison; turn venison to coat with wine mixture. Seal bag or cover dish and refrigerate at least 2 hours but no longer than 4 hours, turning venison occasionally.
- ☐ Remove venison from marinade; reserve marinade.
- ☐ Sprinkle venison with salt and pepper.
- ☐ Heat oil in 12-inch nonstick skillet over medium-high heat. Cook venison in oil about 4 minutes, turning once, until brown.
- ☐ Add broth to skillet; reduce heat to low. Cover and cook about 10 minutes, turning venison once, until venison is tender and desired doneness. (Don't overcook or venison will become tough.)
- ☐ Remove venison from skillet; keep warm. Stir marinade into skillet.
- ☐ Heat to boiling, scraping up any bits from bottom of skillet; reduce heat to medium. Cook about 5 minutes until mixture is slightly reduced. Stir in cranberries, jelly, butter and onions. Cook 1 to 2 minutes, stirring occasionally, until butter is melted and mixture is hot.
- ☐ Serve sauce with venison.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:3.92, Inflammation Score:-4, Nutrition Score:16.444347495618%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 372.05kcal (18.6%), Fat: 15.16g (23.32%), Saturated Fat: 4.3g (26.88%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 19.58g (7.12%), Sugar: 16.16g (17.96%), Cholesterol: 90.72mg (30.24%), Sodium: 416.68mg (18.12%), Alcohol: 3.18g (100%), Alcohol %: 1.67% (100%), Protein: 31.96g (63.91%), Selenium: 45.09µg (64.42%), Vitamin B3: 9.51mg (47.55%), Vitamin B6: 0.91mg (45.73%), Zinc: 5.73mg (38.19%), Phosphorus: 316.37mg (31.64%), Vitamin B12: 1.34µg (22.38%), Potassium: 588.36mg (16.81%), Vitamin K: 15.7µg (14.95%), Iron: 2.68mg (14.91%), Vitamin B2: 0.2mg (11.83%), Magnesium: 40.54mg (10.13%), Vitamin B5: 0.99mg (9.87%), Vitamin B1: 0.12mg (7.99%), Vitamin E: 1.19mg (7.95%), Manganese: 0.14mg (6.95%), Copper: 0.14mg (6.88%), Folate: 22.67µg (5.67%), Fiber: 1.18g (4.74%), Calcium: 45.02mg (4.5%), Vitamin A: 166.09IU (3.32%), Vitamin C: 1.5mg (1.81%)