



Venison with Plum Sauce



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16.5 oz plums drained canned
- ☐ 6 oz lemonade concentrate frozen thawed canned
- ☐ 0.3 cup butter
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup chili sauce
- ☐ 1 tablespoon dijon mustard
- ☐ 24 oz venison steaks

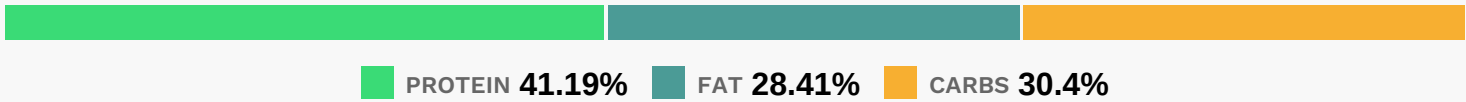
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ broiler pan

Directions

- ☐ In blender, place plums and lemonade concentrate. Cover and blend on medium speed until smooth; set aside.
- ☐ In 2-quart saucepan, melt butter over medium heat. Cook onion in butter about 2 minutes, stirring occasionally, until tender. Stir plum mixture and remaining ingredients into onions.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 15 minutes, stirring occasionally.
- ☐ Set oven control to broil. Grease broiler pan (without rack).
- ☐ Place venison steaks in broiler pan. Spoon 1/2 cup of the plum sauce evenly over venison.
- ☐ Broil venison with tops about 4 inches from heat about 10 minutes or until light brown. Turn venison; spoon 1/2 cup of the plum sauce evenly over venison. Broil about 5 minutes longer or until rare to medium-rare doneness.
- ☐ Heat remaining sauce; serve with venison.

Nutrition Facts



Properties

Glycemic Index:16.28, Glycemic Load:3.16, Inflammation Score:-6, Nutrition Score:19.143478414287%

Flavonoids

Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epicatechin 3-gallate: 0.59mg, Epicatechin 3-gallate: 0.59mg, Epicatechin 3-gallate: 0.59mg, Epicatechin 3-gallate: 0.59mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 344.19kcal (17.21%), Fat: 10.85g (16.7%), Saturated Fat: 2.61g (16.31%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 24.46g (8.89%), Sugar: 22.18g (24.64%), Cholesterol: 89.58mg (29.86%), Sodium: 336.01mg (14.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.81%), Vitamin B3: 12.76mg (63.8%), Vitamin B6: 0.91mg (45.72%), Vitamin B2: 0.62mg (36.29%), Vitamin B12: 2.08µg (34.74%), Phosphorus: 341.29mg (34.13%), Zinc: 4.25mg (28.34%), Iron: 4.94mg (27.45%), Vitamin B1: 0.36mg (24.27%), Selenium: 16.2µg (23.15%), Potassium: 653.68mg (18.68%), Vitamin C: 13.46mg (16.32%), Copper: 0.32mg (16.24%), Vitamin A: 686.55IU (13.73%), Vitamin B5: 1.15mg (11.46%), Magnesium: 44.98mg (11.24%), Vitamin E: 1.45mg (9.69%), Vitamin K: 7.06µg (6.73%), Fiber: 1.67g (6.68%), Manganese: 0.1mg (4.81%), Folate: 18.65µg (4.66%), Calcium: 21.69mg (2.17%)