



Venison with quince



Gluten Free



Low Fod Map

READY IN



140 min.

SERVINGS



2

CALORIES



534 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 small venison steaks
- ☐ 1 rosemary
- ☐ 1 tbsp olive oil extra virgin for frying extra-virgin
- ☐ 2 tsp butter
- ☐ 1 rosemary cored peeled cut into eighths (reserve trimmings & pips) and 1 rosemary sprig
- ☐ 1 tbsp sugar
- ☐ 1 tbsp butter
- ☐ 25 g butter

- ☐ 30 ml red wine
- ☐ 200 ml veggie broth
- ☐ 1 tbsp quinces

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Marinate the venison with the rosemary, extra virgin olive oil and 1 tsp black pepper for at least 2 hrs or overnight.
- ☐ Heat oven to 180C/160C fan/gas
- ☐ Put the quince pieces and rosemary in the middle of a sheet of foil, sprinkle with sugar, dot with butter, then scrunch together the foil to seal in a parcel.
- ☐ Bake for 1-1 hrs until tender. Keep warm.
- ☐ For the sauce, cook the reserved quince trimmings and pips in 25g butter for 5 mins.
- ☐ Add the red wine and boil until reduced by half, then pour in the stock and simmer for 10 mins. Strain, return to the pan with the quince paste until melted, then keep warm until ready to serve.
- ☐ Just before serving, turn up oven to 200C/180C fan/gas
- ☐ Heat a frying pan with a dash of olive oil and 2 tsp butter. Season the steaks with salt, then brown on both sides for 1-2 mins.
- ☐ Transfer to a baking sheet and finish in the oven for 4 mins.
- ☐ Remove and rest for 10 mins. Meanwhile, reheat the sauce and Rosemary mash and finish the Buttery cavolo nero (recipes below). Slice the steaks and serve everything with the roasted quince.

Nutrition Facts



 PROTEIN 47.26%  FAT 45.85%  CARBS 6.89%

Properties

Glycemic Index:227.55, Glycemic Load:5.19, Inflammation Score:-6, Nutrition Score:28.512608440026%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 2.11mg, Malvidin: 2.11mg, Malvidin: 2.11mg, Malvidin: 2.11mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 534.3kcal (26.72%), Fat: 26.15g (40.23%), Saturated Fat: 14.6g (91.26%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.67g (3.15%), Sugar: 6.94g (7.71%), Cholesterol: 210.89mg (70.3%), Sodium: 670.54mg (29.15%), Alcohol: 1.61g (100%), Alcohol %: 0.57% (100%), Protein: 60.65g (121.31%), Vitamin B3: 21.57mg (107.87%), Vitamin B6: 1.53mg (76.31%), Vitamin B12: 3.7µg (61.7%), Vitamin B2: 1.04mg (61.35%), Phosphorus: 564.73mg (56.47%), Zinc: 7.31mg (48.73%), Iron: 8.35mg (46.37%), Selenium: 26.96µg (38.52%), Vitamin B1: 0.56mg (37.6%), Potassium: 836.88mg (23.91%), Copper: 0.47mg (23.31%), Vitamin B5: 1.77mg (17.74%), Vitamin A: 832.7IU (16.65%), Magnesium: 63.13mg (15.78%), Vitamin E: 2.01mg (13.42%), Folate: 19.42µg (4.85%), Vitamin K: 5.03µg (4.79%), Manganese: 0.08mg (4.01%), Calcium: 21.29mg (2.13%), Vitamin C: 1.17mg (1.42%)