



Venison with Sauteed Beet Greens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons no-salt-added beef broth undiluted canned
- ☐ 0.8 pound beets fresh (including greens)
- ☐ 2 tablespoons cooking wine dry red
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 2 teaspoons juice of lemon

- ☐ 0.5 teaspoon lemon-pepper seasoning salt-free
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 1 teaspoon olive oil
- ☐ 0.5 pound venison tenderloin cut into 1 1/4-inch cubes

Equipment

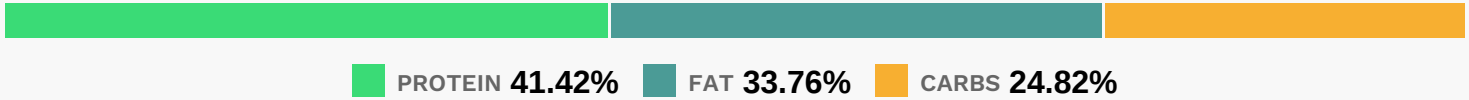
- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Place venison in a small heavy-duty, zip-top plastic bag.
- ☐ Combine wine and next 6 ingredients; pour over venison. Seal bag, and shake until meat is well coated. Marinate in refrigerator 2 hours, turning bag occasionally.
- ☐ Trim stems and roots from beets; discard stems and roots, and reserve greens. Peel beets; cut into 1/2-inch-thick slices. Cook beets in boiling water to cover 8 to 10 minutes or until crisp-tender; drain.
- ☐ Remove and discard stems from beet greens. Wash greens thoroughly, and pat dry with paper towels. Shred greens, and set aside.
- ☐ Coat a large piece of heavy-duty aluminum foil with cooking spray.
- ☐ Place beets on one end of foil; top beets with margarine, and sprinkle evenly with lemon-pepper seasoning. Fold end of foil over beets; bring edges together. Fold edges over to seal; pleat and crimp edges of foil to make an airtight seal.
- ☐ Drain venison, reserving marinade. Thread venison onto 2 (10-inch) skewers. Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place beet packet on rack; grill, uncovered, 10 minutes or until packets are puffed and beets are tender.

- ☐
- Place kabobs on rack; grill, covered, 4 to 5 minutes on each side or to desired degree of doneness, basting frequently with reserved marinade.
- ☐
- Remove beets and kabobs from grill; set aside, and keep warm.
- ☐
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐
- Add beet greens; saute 6 minutes or until greens are wilted. Stir in lemon juice.
- ☐
- Place greens evenly on serving plates; top each with a venison kabob.
- ☐
- Serve with grilled beets.

Nutrition Facts



Properties

Glycemic Index:101.5, Glycemic Load:7.73, Inflammation Score:-9, Nutrition Score:24.635217345279%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 312.75kcal (15.64%), Fat: 11.35g (17.46%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 13.44g (4.89%), Sugar: 11.65g (12.94%), Cholesterol: 104.37mg (34.79%), Sodium: 418.36mg (18.19%), Alcohol: 1.58g (100%), Alcohol %: 0.61% (100%), Protein: 31.33g (62.65%), Vitamin B12: 7.42µg (123.73%), Folate: 192.54µg (48.13%), Manganese: 0.84mg (42.19%), Vitamin B3: 8.38mg (41.92%), Vitamin B2: 0.65mg (38.08%), Iron: 5.83mg (32.39%), Phosphorus: 321.71mg (32.17%), Vitamin B6: 0.61mg (30.29%), Potassium: 996.98mg (28.49%), Copper: 0.46mg (23.08%), Zinc: 3.44mg (22.95%), Selenium: 15.29µg (21.84%), Fiber: 5.34g (21.34%), Vitamin B1: 0.32mg (21.03%), Vitamin C: 16.35mg (19.82%), Magnesium: 72.31mg (18.08%), Vitamin A: 292.59IU (5.85%), Vitamin E: 0.76mg (5.08%), Vitamin K: 5.27µg (5.02%), Calcium: 49.31mg (4.93%), Vitamin B5: 0.39mg (3.93%)