

Venison Gyros

Recipe from Chef Stubb's

THE JAMES
Mobile
Education
Kitchen

Diabetes Friendly

Serves: 5

Ingredients:

- 2 tablespoons olive oil
- 1 ½ tablespoons ground cumin
- 1 tablespoon minced garlic
- 2 teaspoons dried marjoram
- 2 teaspoons ground dried rosemary
- 1 tablespoon dried oregano
- 1 tablespoon red wine vinegar
- Salt and pepper to taste
- 3 pounds venison, cut into ¼ thick strips
- Optional 1 (12 ounce) package pita breads, warmed

Directions:

1. Whisk together the olive oil, cumin, garlic, marjoram, rosemary, oregano, red wine vinegar, salt, and pepper in a large glass or ceramic bowl. Add the venison strips and toss to evenly coat. Cover the bowl with plastic wrap and marinate in the refrigerator at least 2 hours.
2. Heat a large skillet over medium-high heat. Cook the venison strips, a half-pound at a time, until the venison has browned on the outside and is no longer pink on the inside, about 8 minutes. Pile the meat onto salad or warmed pitas if desired.

Venison Gyros (does not include pitas)

Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
Calories	491.8 kcal	25 %
Total Fat	14.6 g	22 %
Saturated Fat	4.2 g	21 %
Trans Fat	0.3 g	
Cholesterol	304.8 mg	102 %
Sodium	181.9 mg	8 %
Total Carbohydrate	1.9 g	1 %
Dietary Fiber	0.7 g	3 %
Sugars	0.1 g	
Protein	82.6 g	165 %
Vitamin A	0 %	Vitamin C 1 %
Calcium	6 %	Iron 77 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<https://wexnermedical.osu.edu/nutrition-services>

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