

Venison Tenderloin

Yield: 7 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/venison-christmas-dinner-recipe>

Ingredients:

- 1 pound venison tenderloin
- 2 teaspoons kosher salt
- 1/2 teaspoon ground black pepper fresh, optional
- mushroom cream sauce

Nutrition:

1. Calories: 70 calories
2. Cholesterol: 10 milligrams
3. Fat: 2 grams
4. Protein: 14 grams
5. SaturatedFat: 0.5 grams
6. Sodium: 680 milligrams

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