



Braised Pheasant

 **Gluten Free**

READY IN



80 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple jack
- ☐ 3 cups apples green peeled thinly sliced
- ☐ 8 servings ground pepper black to taste
- ☐ 0.5 cup half-and-half cream
- ☐ 1 teaspoon nutmeg
- ☐ 1 cup onions thinly sliced
- ☐ 0.3 cup safflower oil
- ☐ 0.5 teaspoon seasoning blend salt-free

- ☐ 3 large pheasants rinsed cleaned
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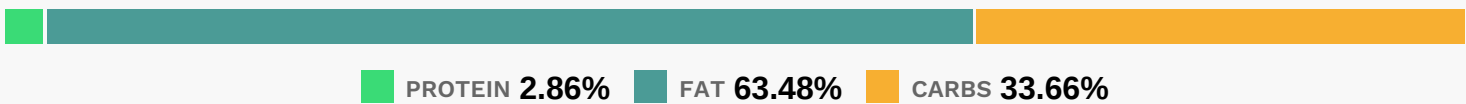
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). In a large Dutch oven, over medium heat, brown the pheasants in the safflower oil on all sides. Tuck the sliced apples and onions in around the pheasants.
- ☐ Pour the apple jack over all and light it on fire. Shake pan until flames subside. Dust the tops of the pheasants with nutmeg.
- ☐ Bake covered for about 1 hour, or until the juices run clear when a knife is inserted into the thigh.
- ☐ Remove the Pheasants, apples and onions to a platter and keep warm in the oven.
- ☐ Transfer juices to a saucepan and bring to a simmer over medium heat. Stir in the half-and-half and let simmer for 5 minutes, stirring frequently. Season to taste with salt-free seasoning blend and ground black pepper.
- ☐ Pour over the pheasants and serve.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:2.47, Inflammation Score:-2, Nutrition Score:2.8578260631665%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.12mg, Epicatechin: 4.12mg, Epicatechin: 4.12mg, Epicatechin: 4.12mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 118.85kcal (5.94%), Fat: 8.77g (13.5%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 8.6g (3.13%), Sugar: 7.24g (8.05%), Cholesterol: 5.29mg (1.76%), Sodium: 10.71mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin E: 2.52mg (16.8%), Fiber: 1.86g (7.44%), Vitamin C: 4.15mg (5.03%), Manganese: 0.08mg (4.02%), Vitamin K: 4.04µg (3.85%), Potassium: 113.77mg (3.25%), Calcium: 29.89mg (2.99%), Vitamin B2: 0.05mg (2.99%), Vitamin B6: 0.06mg (2.89%), Phosphorus: 27.33mg (2.73%), Magnesium: 7.71mg (1.93%), Vitamin A: 89.52IU (1.79%), Folate: 6.83µg (1.71%), Vitamin B1: 0.02mg (1.64%), Copper: 0.03mg (1.49%), Iron: 0.25mg (1.37%), Vitamin B5: 0.11mg (1.06%)