



## Braised Pheasant in Mixed Peppercorn Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



733 kcal

SAUCE

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons butter
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup evaporated milk fat-free
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil
- ☐ 2 teaspoons peppercorns mixed white green red crushed

- ☐ 3.3 pound pheasant breast quartered
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons onion yellow minced

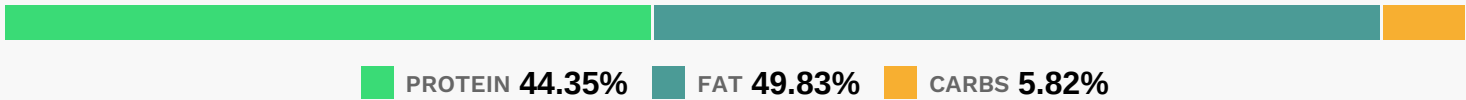
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Sprinkle pheasant with salt and pepper. Melt butter and oil in large skillet over medium heat.
- ☐ Add pheasant; cook 2 minutes on each side or until browned.
- ☐ Add broth and wine; bring to a boil. Cover, reduce heat, and simmer for 35 minutes.
- ☐ Remove pheasant from pan. Keep warm.
- ☐ Combine milk and cornstarch in a small bowl.
- ☐ Increase heat to medium-high. Bring broth mixture to a boil; cook until reduced to 1/2 cup (about 6 minutes).
- ☐ Add onion; cook 3 minutes.
- ☐ Add milk mixture and crushed peppercorns. Simmer 2 minutes or until sauce thickens, stirring frequently.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:29.923478226299%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 732.58kcal (36.63%), Fat: 38.35g (59%), Saturated Fat: 13.03g (81.45%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 9.26g (3.37%), Sugar: 6.98g (7.75%), Cholesterol: 248.68mg (82.89%), Sodium: 473.06mg (20.57%), Alcohol: 3.09g (100%), Alcohol %: 0.86% (100%), Protein: 76.79g (153.57%), Vitamin B6: 2.15mg (107.71%), Vitamin B3: 20.7mg (103.48%), Phosphorus: 822.05mg (82.21%), Selenium: 52.02µg (74.32%), Vitamin B12: 2.6µg (43.37%), Vitamin B2: 0.67mg (39.35%), Vitamin B5: 3.4mg (34.04%), Potassium: 1005.96mg (28.74%), Zinc: 3.61mg (24.1%), Iron: 4.28mg (23.78%), Vitamin C: 19.07mg (23.11%), Calcium: 215.83mg (21.58%), Magnesium: 85.04mg (21.26%), Vitamin B1: 0.27mg (17.7%), Vitamin A: 774.88IU (15.5%), Copper: 0.25mg (12.5%), Manganese: 0.23mg (11.41%), Folate: 26.41µg (6.6%), Fiber: 0.81g (3.24%), Vitamin E: 0.45mg (3%), Vitamin K: 2.11µg (2.01%)