



Breaded Pheasant Nuggets

READY IN



65 min.

SERVINGS



4

CALORIES



705 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup butter
- 6 pheasant breast halves boneless skinless cut into chunks
- 1 tablespoon parsley dried
- 2 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 0.5 teaspoon ground mustard dry
- 2.5 cups panko bread crumbs italian-style
- 0.5 cup parmesan cheese grated
- 2 teaspoons salt

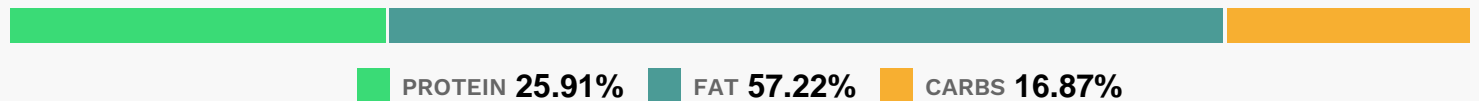
Equipment

- bowl
- frying pan
- baking sheet
- oven
- mixing bowl

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Combine the panko, Parmesan cheese, parsley, salt, black pepper, and mustard powder in a bowl until evenly combined.
- Melt the butter with the garlic in a skillet over low heat. Once melted, cook and stir the garlic for 5 minutes to flavor the butter.
- Pour into a mixing bowl once melted. Dip the pheasant pieces into the melted butter, then press into the panko crumbs.
- Place onto an ungreased baking sheet in a single layer.
- Sprinkle the remaining panko crumbs over the pheasant nuggets.
- Bake in the preheated oven until the pheasant pieces are no longer pink in the center, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:26.406521662422%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 704.75kcal (35.24%), Fat: 44.53g (68.51%), Saturated Fat: 25.24g (157.77%), Carbohydrates: 29.55g (9.85%), Net Carbohydrates: 27.6g (10.04%), Sugar: 2.43g (2.7%), Cholesterol: 210.86mg (70.29%), Sodium: 2128.88mg (92.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.37g (90.75%), Vitamin B3: 20.27mg (101.35%), Selenium: 69.31µg (99.01%), Vitamin B6: 1.35mg (67.56%), Phosphorus: 514.23mg (51.42%), Vitamin B1: 0.48mg (32.19%), Vitamin B5: 2.73mg (27.3%), Manganese: 0.5mg (24.79%), Vitamin A: 1233.89IU (24.68%), Vitamin B2: 0.39mg (23.11%), Potassium: 758.7mg (21.68%), Calcium: 208.72mg (20.87%), Magnesium: 69.18mg (17.29%), Iron: 2.7mg (14.98%), Zinc: 2.17mg (14.48%), Vitamin K: 13.25µg (12.62%), Folate: 50.32µg (12.58%), Vitamin B12: 0.71µg (11.86%), Vitamin E: 1.46mg (9.76%), Copper: 0.16mg (8.03%), Fiber: 1.95g (7.78%), Vitamin C: 3.14mg (3.81%), Vitamin D: 0.23µg (1.55%)