



Chicken Fried Pheasant

READY IN



20 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup canola oil for frying
- 2 pheasant breast halves thinly sliced
- 1 cup saltine cracker crumbs crushed finely
- 1 cup milk
- 1.5 tablespoons distilled vinegar white

Equipment

- bowl
- frying pan

paper towels

Directions

- In a shallow bowl, mix the milk and vinegar. Dip the pheasant slices in the milk and vinegar mixture, then press both side in the cracker crumbs to coat.
- Heat the oil in a skillet over medium–high heat. Cook the pheasant in the hot oil about 5 minutes on each side, or until golden brown.
- Drain on paper towels.

Nutrition Facts

PROTEIN 22.12% **FAT 59.72%** **CARBS 18.16%**

Properties

Glycemic Index:22, Glycemic Load:1.08, Inflammation Score:-3, Nutrition Score:10.087825948777%

Nutrients (% of daily need)

Calories: 274.9kcal (13.74%), Fat: 18.1g (27.84%), Saturated Fat: 3.1g (19.35%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 12.03g (4.38%), Sugar: 4.16g (4.62%), Cholesterol: 43.48mg (14.49%), Sodium: 221.14mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.16%), Vitamin B3: 6.69mg (33.44%), Selenium: 19.96µg (28.51%), Vitamin B6: 0.47mg (23.47%), Phosphorus: 221.45mg (22.15%), Vitamin E: 2.62mg (17.48%), Vitamin K: 15.78µg (15.03%), Vitamin B5: 1.09mg (10.88%), Vitamin B2: 0.18mg (10.61%), Calcium: 101.32mg (10.13%), Vitamin B1: 0.14mg (9.11%), Potassium: 318.52mg (9.1%), Vitamin B12: 0.44µg (7.37%), Magnesium: 24.92mg (6.23%), Iron: 0.88mg (4.9%), Vitamin D: 0.73µg (4.85%), Manganese: 0.1mg (4.76%), Zinc: 0.67mg (4.47%), Folate: 13.06µg (3.27%), Vitamin A: 115.77IU (2.32%), Copper: 0.03mg (1.74%), Fiber: 0.34g (1.38%)