



## Christmas poussin

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

SIDE DISH

### Ingredients

- ☐ 50 g butter softened
- ☐ 4 bacon smoked halved
- ☐ 1 tbsp flour plain
- ☐ 1 tbsp worcestershire sauce
- ☐ 4 servings veggie broth well (see 'goes with')
- ☐ 4 poussin

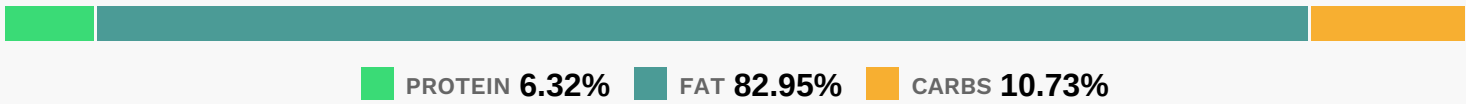
### Equipment

- ☐ oven

# Directions

- ☐ Heat oven to 230C/fan 210C/gas
- ☐ Smear the butter all over the poussins, season inside and out, then criss-cross the bacon over each one. Sit the poussins in a roasting tin and cook for 40 mins until the birds are golden and the bacon is crisp.
- ☐ Remove from the tin, leave to rest and set the tin aside until youre ready to make the gravy.
- ☐ About 5 mins before you sit down to eat, make the gravy.
- ☐ Place the tin on a medium heat, then stir in the flour and splash in the Worcestershire sauce. Bubble together, then drain the veg over the roasting tin and stir in the vegetable stock. Bring the gravy to the boil, taste for seasoning, adding more Worcestershire sauce if needed, then pour into a warm gravy jug.

## Nutrition Facts



## Properties

Glycemic Index:42.5, Glycemic Load:2.39, Inflammation Score:-5, Nutrition Score:2.813478263176%

## Nutrients (% of daily need)

Calories: 205.36kcal (10.27%), Fat: 19.04g (29.29%), Saturated Fat: 9.4g (58.73%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 5.49g (2%), Sugar: 2.44g (2.71%), Cholesterol: 42.15mg (14.05%), Sodium: 1222mg (53.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin A: 825.82IU (16.52%), Selenium: 5.35µg (7.64%), Vitamin B3: 1.1mg (5.49%), Vitamin B1: 0.08mg (5.31%), Phosphorus: 40.72mg (4.07%), Vitamin B6: 0.06mg (3.16%), Vitamin E: 0.39mg (2.61%), Potassium: 84.46mg (2.41%), Iron: 0.41mg (2.3%), Vitamin B2: 0.04mg (2.24%), Vitamin B12: 0.13µg (2.24%), Zinc: 0.31mg (2.03%), Vitamin B5: 0.15mg (1.53%), Copper: 0.02mg (1.05%), Folate: 4.21µg (1.05%), Magnesium: 4.05mg (1.01%)