



## Cranberry Pheasant

 Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



4

CALORIES



986 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup catalina salad dressing
- 1 ounce onion soup mix dry
- 1 pheasant breast cleaned cut into pieces
- 14.5 ounce berry cranberry sauce whole canned

### Equipment

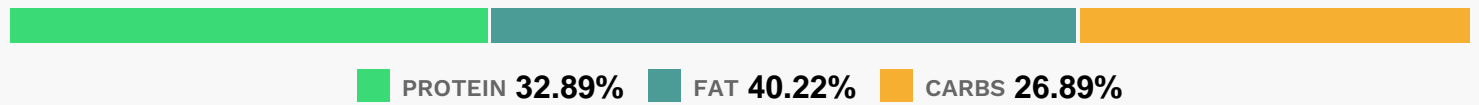
- bowl
- oven
- baking pan

aluminum foil

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Arrange the pheasant pieces in a lightly greased shallow baking dish. In a medium bowl, stir together the onion soup mix, cranberry sauce and Catalina dressing.
- Pour the sauce over the pheasant. Cover the dish with a lid or aluminum foil.
- Bake for 1 hour in the preheated oven, until meat comes easily off the bone.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:28.423913002014%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.77mg, Myricetin: 2.77mg, Myricetin: 2.77mg, Myricetin: 2.77mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

## Nutrients (% of daily need)

Calories: 985.5kcal (49.27%), Fat: 42.88g (65.96%), Saturated Fat: 11.04g (68.99%), Carbohydrates: 64.5g (21.5%), Net Carbohydrates: 62.91g (22.88%), Sugar: 49.57g (55.08%), Cholesterol: 242.26mg (80.75%), Sodium: 1482.68mg (64.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.91g (157.82%), Vitamin B6: 2.31mg (115.38%), Vitamin B3: 22.13mg (110.66%), Selenium: 54.33µg (77.62%), Phosphorus: 749.24mg (74.92%), Vitamin B12: 2.63µg (43.79%), Vitamin B5: 3.23mg (32.27%), Vitamin B2: 0.53mg (31.11%), Potassium: 909mg (25.97%), Iron: 4.43mg (24.63%), Vitamin C: 19.35mg (23.46%), Zinc: 3.39mg (22.57%), Vitamin B1: 0.28mg (18.72%), Magnesium: 74.55mg (18.64%), Copper: 0.27mg (13.68%), Vitamin A: 648.16IU (12.96%), Manganese: 0.17mg (8.34%), Vitamin E: 0.96mg (6.43%), Fiber: 1.6g (6.39%), Calcium: 54.16mg (5.42%), Folate: 21.5µg (5.37%), Vitamin K: 1.54µg (1.46%)