

## Elegant Pheasant

READY IN



150 min.

SERVINGS



6

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter melted
- 4 pheasant breast halves skinless
- 2 tablespoons dijon mustard
- 0.5 teaspoon chives fresh chopped
- 0.5 cup kosher salt
- 0.3 cup mayonnaise
- 6 servings salt and pepper black to taste
- 0.3 cup cup heavy whipping cream sour
- 16 ounce herb seasoned stuffing mix crushed

2 quarts water

## Equipment

bowl

paper towels

oven

whisk

baking pan


kitchen thermometer

aluminum foil

## Directions

- Stir the kosher salt into the water until dissolved. Soak the pheasant breasts in the brine for 1 hour at room temperature.
- Preheat an oven to 350 degrees F (175 degrees C).
- Place the herb seasoned stuffing mix crumbs into a shallow bowl; set aside.
- Whisk the butter, mayonnaise, sour cream, chives, and Dijon mustard together in a bowl until evenly mixed.
- Remove the pheasant breasts from the brine. Rinse in the sink, and pat dry with paper towels. Season the breasts to taste with salt and pepper if desired.
- Roll the breasts in the mayonnaise mixture, then press into the stuffing mix crumbs until covered on all sides. Gently shake excess crumbs from the breasts, and place into a 9x13-inch baking dish. Cover the baking dish with aluminum foil.
- Bake in the preheated oven until the pheasant breasts are no longer pink in the center, about 1 hour. Turn the oven off, remove the foil, and allow the breasts to cook 15 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

## Nutrition Facts

 PROTEIN **20.36%**  FAT **31.88%**  CARBS **47.76%**

## Properties

Glycemic Index:29.5, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:20.237826165946%

## Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

## Nutrients (% of daily need)

Calories: 496.67kcal (24.83%), Fat: 17.32g (26.64%), Saturated Fat: 5.54g (34.61%), Carbohydrates: 58.37g (19.46%), Net Carbohydrates: 55.74g (20.27%), Sugar: 6.71g (7.45%), Cholesterol: 68.58mg (22.86%), Sodium: 10937.47mg (475.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.89g (49.77%), Selenium: 62.74µg (89.62%), Vitamin B3: 12.26mg (61.28%), Vitamin B6: 0.69mg (34.38%), Vitamin B1: 0.51mg (34.09%), Folate: 131.64µg (32.91%), Phosphorus: 280.61mg (28.06%), Manganese: 0.51mg (25.4%), Vitamin B2: 0.4mg (23.74%), Iron: 3.35mg (18.61%), Vitamin K: 16.92µg (16.11%), Vitamin B5: 1.44mg (14.43%), Magnesium: 56.81mg (14.2%), Potassium: 489.41mg (13.98%), Copper: 0.27mg (13.28%), Calcium: 107.29mg (10.73%), Fiber: 2.64g (10.54%), Zinc: 1.28mg (8.52%), Vitamin E: 0.9mg (5.99%), Vitamin A: 213.68IU (4.27%), Vitamin B12: 0.2µg (3.42%), Vitamin C: 1.06mg (1.28%)