



Gin-Marinated Pheasant

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons butter
- ☐ 10 ounce chicken broth canned
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 cup hendrick's gin
- ☐ 1 teaspoon ground pepper
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup plums dried orange-flavored chopped

- ☐ 1 cup red wine
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup vermouth
- ☐ 4 pheasants
- ☐ 4 pheasants

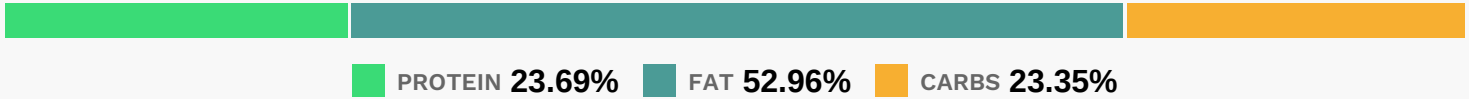
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large heavy-duty zip-top plastic bag, reserving 1/2 cup of the mixture.
- ☐ Place pheasants in the remaining mixture in the plastic bag. Seal and chill at least 30 minutes.
- ☐ Remove pheasants from marinade, discarding marinade in bag.
- ☐ Sprinkle with salt; brown pheasants on all sides in hot oil in a large roasting pan over medium-high heat.
- ☐ Bake at 400 for 40 to 50 minutes.
- ☐ Remove pheasants from roasting pan; keep warm.
- ☐ Bring reserved marinade to a boil in roasting pan over high heat, stirring to loosen browned particles. Stir in red wine, and cook 4 to 5 minutes or until liquid is reduced by half.
- ☐ Pour mixture through a fine wire-mesh strainer in a medium saucepan, discarding solids.
- ☐ Add dried plums and broth, and simmer 5 minutes; remove from heat, and stir in butter until melted.
- ☐ Cut pheasants into quarters; place on serving platter.
- ☐ Drizzle with sauce and serve.
- ☐ *Eight (1- to 1 1/2-pound) Cornish hens make a delicious substitution for the pheasants.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:1.98, Inflammation Score:-4, Nutrition Score:4.0513043559116%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 244.39kcal (12.22%), Fat: 9.26g (14.25%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 8.34g (3.03%), Sugar: 4.34g (4.82%), Cholesterol: 25.24mg (8.41%), Sodium: 340.48mg (14.8%), Alcohol: 12.83g (100%), Alcohol %: 12.58% (100%), Protein: 9.32g (18.64%), Vitamin K: 10.17µg (9.69%), Selenium: 6.71µg (9.59%), Phosphorus: 71.35mg (7.13%), Zinc: 1mg (6.64%), Vitamin B12: 0.36µg (6.01%), Manganese: 0.12mg (5.79%), Vitamin B3: 1.13mg (5.66%), Vitamin B6: 0.11mg (5.63%), Potassium: 178.17mg (5.09%), Vitamin E: 0.75mg (4.99%), Vitamin A: 237.9IU (4.76%), Iron: 0.77mg (4.26%), Vitamin B2: 0.07mg (4%), Magnesium: 15.4mg (3.85%), Fiber: 0.85g (3.39%), Copper: 0.06mg (3.05%), Calcium: 14.89mg (1.49%)