



Grilled Pheasant Poppers

 Gluten Free  Dairy Free  Low Fod Map

READY IN



55 min.

SERVINGS



36

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 slices bacon cut into thirds
- 6 bamboo skewers for 20 minutes
- 4 ounce jalapeno sliced
- 1.5 pounds pheasant breast

Equipment

- bowl
- toothpicks
- grill

skewers

Directions

- Cut the pheasant breast into 36 pieces, and place into a bowl.
- Pour the liquid from the jalapeno peppers over the pheasant, stir, and set aside to marinate for 20 minutes.
- Preheat an outdoor grill for medium heat, and lightly oil the grate.
- Drain the marinade from the pheasant and discard.
- Place a slice of jalapeno pepper onto each piece of pheasant breast, and wrap with a third of a strip of bacon. Skewer 6 of the pheasant pieces on each skewer.
- Cook on the preheated grill, turning frequently, until the bacon is crispy, 15 to 20 minutes.
- Remove the skewers from the pheasant pieces, and place a toothpick into each piece to serve.

Nutrition Facts

PROTEIN 31.13% **FAT 66.83%** **CARBS 2.04%**

Properties

Glycemic Index:1.78, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.1608695821918%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 60.94kcal (3.05%), Fat: 4.43g (6.82%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 0.3g (0.1%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.13g (0.15%), Cholesterol: 16.38mg (5.46%), Sodium: 55.15mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.29%), Vitamin B6: 0.14mg (7.01%), Vitamin B3: 1.38mg (6.9%), Selenium: 4.04µg (5.77%), Vitamin C: 4.6mg (5.57%), Phosphorus: 46.2mg (4.62%), Vitamin B12: 0.16µg (2.7%), Vitamin B1: 0.03mg (2.22%), Vitamin B5: 0.2mg (2.02%), Vitamin B2: 0.03mg (1.85%), Potassium: 61.96mg (1.77%), Zinc: 0.25mg (1.65%), Vitamin A: 65.46IU (1.31%), Iron: 0.23mg (1.25%), Magnesium: 4.61mg (1.15%)