



Grilled Pheasant with Dijon-Tarragon Sauce

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon butter cut into small pieces
- 0.3 cup champagne vinegar
- 0.5 teaspoon chervil dried
- 0.3 cup dijon mustard
- 0.3 cup cooking wine dry white
- 2 tablespoons olive oil extravirgin
- 1 tablespoon tarragon fresh chopped

- 2 tablespoons juice of lemon fresh
- 3.3 pound pheasant breast quartered
- 2 tablespoons balsamic vinegar white

Equipment

- whisk
- grill
- ziploc bags

Directions

- Combine oil, juice, and pepper in a large zip-top plastic bag.
- Add pheasant pieces; seal and marinate in refrigerator 1 hour, turning the bag occasionally.
- Prepare grill.
- Combine Champagne vinegar, wine, balsamic vinegar, tarragon, and chervil; bring to a boil. Cook until reduced to 1/4 cup (about 4 minutes).
- Remove from heat.
- Add mustard and butter, stirring with a whisk.
- Remove pheasant from bag, and discard marinade.
- Place the pheasant on grill rack coated with cooking spray; grill 2 1/2 minutes on each side or until done, basting frequently with vinegar mixture.

Nutrition Facts

 **PROTEIN 43.76%**  **FAT 53.79%**  **CARBS 2.45%**

Properties

Glycemic Index:62.25, Glycemic Load:1.33, Inflammation Score:-7, Nutrition Score:28.576956355053%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.15mg,

Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 699.48kcal (34.97%), Fat: 39.96g (61.47%), Saturated Fat: 11.4g (71.25%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.25g (1.18%), Sugar: 1.75g (1.95%), Cholesterol: 232.56mg (77.52%), Sodium: 325.59mg (14.16%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 73.13g (146.27%), Vitamin B6: 2.16mg (107.82%), Vitamin B3: 20.64mg (103.19%), Selenium: 55.2µg (78.85%), Phosphorus: 707.66mg (70.77%), Vitamin B12: 2.45µg (40.77%), Vitamin B5: 3.01mg (30.1%), Vitamin B2: 0.49mg (28.93%), Iron: 4.68mg (26.03%), Potassium: 882.7mg (25.22%), Vitamin C: 20.72mg (25.11%), Zinc: 3.25mg (21.66%), Magnesium: 80.74mg (20.18%), Vitamin B1: 0.26mg (17.66%), Manganese: 0.31mg (15.51%), Vitamin A: 734.88IU (14.7%), Copper: 0.24mg (11.82%), Vitamin E: 1.16mg (7.71%), Calcium: 74.26mg (7.43%), Folate: 26.71µg (6.68%), Vitamin K: 4.96µg (4.72%), Fiber: 0.85g (3.42%)