



Guinea Hen with Red Wine: Faraona al Vino Rosso

READY IN



85 min.

SERVINGS



4

CALORIES



990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour
- ☐ 2 tablespoons grappa
- ☐ 1 guinea hen cleaned quartered
- ☐ 2 leeks finely chopped
- ☐ 2 tablespoons mushrooms dried dry hot
- ☐ 10 new potatoes quartered
- ☐ 9 servings gratings nutmeg
- ☐ 1 onion finely chopped

- ☐ 1 pint red wine
- ☐ 4 servings salt and pepper
- ☐ 1 pound sausage sweet crumbled
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons lard
- ☐ 2 tablespoons lard

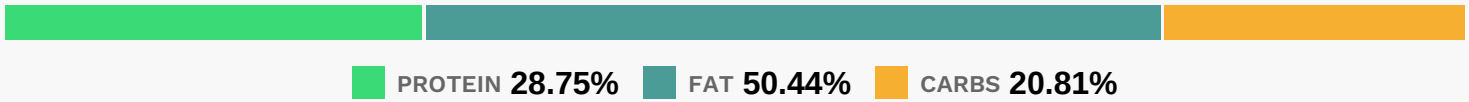
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a Dutch oven, heat the lard over high heat and add the onion and leeks. Cook over high heat until softened and browned, about 5 minutes. Season the guinea hen pieces with salt and pepper and place in the pot.
- ☐ Sprinkle the meat with the flour and cook until the meat is well browned.
- ☐ Add the wine, grappa, and nutmeg and bring to a boil. Reduce to a simmer and cook until the meat is cooked through, about 30 minutes.
- ☐ Remove the meat from the pot and keep hot.
- ☐ Add the mushrooms, potatoes, and sausage and cook for an additional 15 minutes, then stir in the butter, return the meat to the pan to heat through and serve with the sauce drizzled over.

Nutrition Facts



Properties

Glycemic Index:90.69, Glycemic Load:25.96, Inflammation Score:-9, Nutrition Score:34.180434848951%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Petunidin: 2.34mg, Petunidin: 2.34mg, Petunidin: 2.34mg, Petunidin: 2.34mg Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg Malvidin: 16.37mg, Malvidin: 16.37mg, Malvidin: 16.37mg, Malvidin: 16.37mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 8.45mg, Catechin: 8.45mg, Catechin: 8.45mg, Catechin: 8.45mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 4.48mg, Epicatechin: 4.48mg, Epicatechin: 4.48mg, Epicatechin: 4.48mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg, Hesperetin: 0.75mg Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg, Naringenin: 2.09mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 990.42kcal (49.52%), Fat: 48.91g (75.25%), Saturated Fat: 17.87g (111.7%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 39.82g (14.48%), Sugar: 6.72g (7.46%), Cholesterol: 224.35mg (74.78%), Sodium: 1055.72mg (45.9%), Alcohol: 15.57g (100%), Alcohol %: 3.03% (100%), Protein: 62.72g (125.43%), Vitamin B3: 21.3mg (106.49%), Vitamin B6: 1.64mg (81.91%), Phosphorus: 573.63mg (57.36%), Selenium: 32.84µg (46.91%), Vitamin C: 38.28mg (46.4%), Vitamin B1: 0.65mg (43.61%), Potassium: 1523.38mg (43.53%), Manganese: 0.84mg (42.23%), Zinc: 5.28mg (35.19%), Iron: 5.88mg (32.64%), Magnesium: 126.2mg (31.55%), Vitamin B5: 2.98mg (29.76%), Vitamin B2: 0.49mg (28.81%), Vitamin B12: 1.57µg (26.09%), Vitamin K: 25.13µg (23.93%), Vitamin A: 1170.8IU (23.42%), Copper: 0.46mg (22.98%), Fiber: 5.57g (22.28%), Folate: 86.23µg (21.56%), Vitamin D: 1.59µg (10.63%), Calcium: 99.5mg (9.95%), Vitamin E: 0.81mg (5.41%)