One-pot roast guinea fowl

READY IN	SERVINGS	CALORIES
120 min.	2	1180 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 onion cut into wedges, through the root
- [ ] 2 carrots quartered
- [ ] 1 large potatoes cut into bite-size chunks
- [ ] 1 tbsp olive oil
- [ ] 1 small fowl (around 1kg 2lb 4oz)
- [ ] 1 tbsp butter for the gravy at room temperature
- [ ] 4 bacon smoked
- [ ] 6 garlic clove unpeeled
- [ ] 9 servings thyme sprigs

- [ ] 300 ml chicken stock see
- [ ] 100 ml wine
- [ ] 2 tsp flour plain
- [ ] 1 tbsp jam

Equipment

- [ ] bowl
- [ ] oven
- [ ] whisk
- [ ] aluminum foil
- [ ] slotted spoon

Directions

- [ ] Heat oven to 180C/160C fan/gas
- [ ] Toss the vegetables with the oil and some seasoning in a large flameproof roasting tin.
- [ ] Place the bird on top of the veg, smear with 1 tbsp butter and lay the rashers in a row over the breast. Season generously, then roast for 40 mins.
- [ ] Remove from the oven and give the veg a stir while adding the garlic and thyme.
- [ ] Pour 200ml stock and the wine over the veg and return to oven to roast for another 40 mins until the bird is cooked through and the juices run clear.
- [ ] Remove the bird, place on a serving plate, cover with foil to keep warm and leave to rest. Turn the oven up to 200C/180C fan/gas 6 and roast the veg for a further 15 mins until tender.
- [ ] Remove the veg with a slotted spoon and transfer to the serving plate with the bird.
- [ ] Mix 2 tsp butter and flour in a small bowl to form a smooth paste.
- [ ] Place the roasting tin with all the cooking juices, plus any resting juices, on the hob.
- [ ] Whisk the paste and redcurrant jelly into the juices until dissolved, then add the remaining stock and extra seasoning, if you like. Bubble for a few mins until the sauce thickens. Slice and serve the guinea fowl, crisp bacon and the veg with the sauce on the side.

Nutrition Facts

PROTEIN **34.05%** FAT **43.66%** CARBS **22.29%**

Properties

Glycemic Index:213.79, Glycemic Load:32.75, Inflammation Score:-10, Nutrition Score:45.117391207944%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 12.76mg, Quercetin: 12.76mg, Quercetin: 12.76mg, Quercetin: 12.76mg

Nutrients (% of daily need)

Calories: 1179.85kcal (58.99%), Fat: 54.81g (84.33%), Saturated Fat: 17.18g (107.4%), Carbohydrates: 62.97g (20.99%), Net Carbohydrates: 55.28g (20.1%), Sugar: 14.5g (16.11%), Cholesterol: 304.17mg (101.39%), Sodium: 848.89mg (36.91%), Alcohol: 5.22g (100%), Alcohol %: 0.71% (100%), Protein: 96.18g (192.36%), Vitamin A: 10925.73IU (218.51%), Vitamin B3: 33.56mg (167.79%), Vitamin B6: 2.37mg (118.55%), Selenium: 71.59µg (102.28%), Phosphorus: 808.19mg (80.82%), Vitamin C: 59.7mg (72.36%), Potassium: 2076.11mg (59.32%), Vitamin B1: 0.63mg (42.12%), Vitamin B5: 4.17mg (41.7%), Manganese: 0.81mg (40.61%), Vitamin B2: 0.68mg (40.28%), Magnesium: 158.03mg (39.51%), Zinc: 5.68mg (37.86%), Iron: 6.39mg (35.52%), Fiber: 7.68g (30.74%), Copper: 0.56mg (28.2%), Vitamin B12: 1.41µg (23.42%), Folate: 84.19µg (21.05%), Vitamin K: 17.15µg (16.34%), Calcium: 142.79mg (14.28%), Vitamin E: 1.86mg (12.4%), Vitamin D: 0.18µg (1.17%)