

food
network



100%

HEALTH SCORE

Partridge Under Oil with Asparagus Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



3000 min.

SERVINGS



4

CALORIES



1289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound asparagus
- 3 cups extra virgin olive oil plus 4 tablespoons
- 1 tablespoon fennel seeds
- 1 clove garlic
- 1 juice of lemon
- 4 partridge
- 2 cups red wine vinegar
- 4 servings salt and pepper to taste

Equipment

- baking pan

Directions

- Bring 6 quarts water to boil and add 2 tablespoons salt.
- Place partridge in water and boil softly until tender, about 45 minutes. Carefully remove and allow to cool.
- Remove legs from carcass and dry well.
- Place in a shallow baking dish.
- Remove breasts from carcass with first wing joint still attached. Dry well with a towel and place in a dish with the legs. (Make stock out of bones and cooking liquid).
- Pour vinegar over breast and leg pieces and add fennel seeds and garlic.
- Place in refrigerator 1 hour.
- Remove breast and leg pieces from refrigerator, and remove pieces from vinegar. Pat dry and arrange loosely in large clear cookie jar. Cover with olive oil and refrigerate 2 days. (They will stay preserved this way for 2 months). To serve, remove 4 breasts and 4 legs and warm to room temperature. Blanch and refresh asparagus and toss with 4 tablespoons extra virgin olive oil and juice and zest of lemon. Season with salt and pepper and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.72, Inflammation Score:-7, Nutrition Score:26.313478262528%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg, Quercetin: 15.89mg

Nutrients (% of daily need)

Calories: 1289.24kcal (64.46%), Fat: 64.28g (98.89%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 3.26g (1.18%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 477.79mg (20.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 164.85g (329.71%), Iron: 38.09mg (211.64%), Phosphorus: 1472.58mg (147.26%), Selenium: 79.22µg (113.18%), Vitamin K: 66.69µg (63.52%), Potassium: 2157.18mg (61.63%), Vitamin E: 5.96mg (39.73%), Manganese: 0.35mg (17.3%), Vitamin A: 859.83IU (17.2%), Folate: 60.49µg (15.12%), Vitamin C: 10.4mg (12.61%), Copper: 0.25mg (12.29%), Fiber: 3.02g (12.07%), Vitamin B1: 0.17mg (11.44%), Vitamin B2: 0.17mg (9.83%), Magnesium: 27.07mg (6.77%), Vitamin B6: 0.12mg (6.15%), Vitamin B3: 1.21mg (6.06%), Calcium: 54.58mg (5.46%), Zinc: 0.72mg (4.78%), Vitamin B5: 0.32mg (3.25%)