



Partridge with wine & cinnamon



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



2

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tbsp olive oil for drizzling
- ☐ 2 no boil lasagna noodles dry washed and patted
- ☐ 3 garlic clove sliced
- ☐ 100 ml wine
- ☐ 2 tsp tomato purée
- ☐ 1 tbsp honey
- ☐ 1 tsp chicken stock see such as knorr touch of taste
- ☐ 1 handful kalamata olives good

- ☐ 1 cinnamon sticks halved
- ☐ 200 g cherry tomatoes

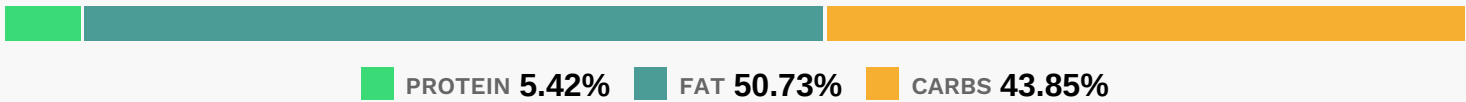
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large deep frying pan and quickly brown the partridges all over, then remove.
- ☐ Add the garlic and fry until softened.
- ☐ Pour in the wine, bubble over a high heat, then add tomato pure, honey, stock, olives, cinnamon and seasoning, plus 150ml water. Return the birds to the pan, then cover and simmer over a low heat for 20 mins.
- ☐ Stir in the rest of the ingredients (plus water if needed). Cover and simmer for 20 mins until tender.
- ☐ Sprinkle with parsley.
- ☐ Serve with toasts.

Nutrition Facts



Properties

Glycemic Index:51.14, Glycemic Load:5.15, Inflammation Score:-6, Nutrition Score:7.7934783748958%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 307.5kcal (15.38%), Fat: 16.04g (24.68%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 31.21g (10.4%), Net Carbohydrates: 28.42g (10.33%), Sugar: 12.29g (13.65%), Cholesterol: 8.11mg (2.7%), Sodium: 175.87mg (7.65%), Alcohol: 5.22g (100%), Alcohol %: 3.07% (100%), Protein: 3.86g (7.71%), Vitamin C: 24.75mg (30%), Manganese: 0.56mg (28.02%), Vitamin E: 3.08mg (20.54%), Vitamin K: 12.33µg (11.75%), Fiber: 2.79g (11.17%), Vitamin A: 554.34IU (11.09%), Potassium: 352.98mg (10.09%), Vitamin B6: 0.18mg (8.76%), Iron: 1.29mg (7.15%), Copper: 0.13mg (6.25%), Phosphorus: 48.23mg (4.82%), Calcium: 48.01mg (4.8%), Magnesium: 18.58mg (4.64%), Vitamin B3: 0.78mg (3.88%), Folate: 14.82µg (3.71%), Vitamin B1: 0.05mg (3.46%), Vitamin B2: 0.05mg (2.66%), Zinc: 0.33mg (2.2%), Selenium: 1.5µg (2.14%), Vitamin B5: 0.21mg (2.12%)