

food
network



HEALTH SCORE

84%

Pheasant Breasts with Cider Vinegar, Apples and Pomegranates



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



2794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter plus 2 tablespoons
- ☐ 1 cup chicken stock see
- ☐ 0.5 cup cider vinegar
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 4 pheasant breasts
- ☐ 0.5 pomegranate
- ☐ 4 shallots finely chopped

☐

2 medium tart apples such as granny smith, peeled and thinly sliced

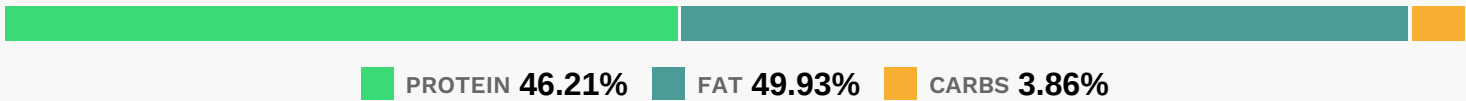
Equipment

- ☐ frying pan
- ☐ oven
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Pound breasts lightly with meat mallet to a consistent thickness. Season well with salt and pepper. In a 10-inch to 12-inch saute pan, heat butter over medium heat until foam subsides.
- ☐ Add pheasant breasts, skin down, and cook until golden brown, about 8 to 10 minutes.
- ☐ Place pan in oven 8 to 10 minutes.
- ☐ Remove pan from oven and breasts from pan.
- ☐ Add shallots to pan and stir. Cook over medium heat until softened, about 4 to 5 minutes.
- ☐ Add cider vinegar and apples and cook until vinegar dissipates by half.
- ☐ Add stock and cream and bring to a boil. Return pheasant breasts to pan and cook until sauce is reduced by half. Season with salt and pepper and serve immediately. Spoon sauce over and sprinkle with pomegranate seeds.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:7.93, Inflammation Score:-10, Nutrition Score:62.890434736791%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg, Epicatechin: 6.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 2793.92kcal (139.7%), Fat: 150.5g (231.55%), Saturated Fat: 51.33g (320.81%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 21.79g (7.92%), Sugar: 17.78g (19.75%), Cholesterol: 1032.78mg (344.26%), Sodium: 777.24mg (33.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 313.38g (626.75%), Vitamin B6: 9.2mg (460.01%), Vitamin B3: 88.91mg (444.53%), Selenium: 216.76µg (309.66%), Phosphorus: 2990.67mg (299.07%), Vitamin B12: 10.57µg (176.14%), Vitamin B5: 12.99mg (129.87%), Vitamin B2: 2.09mg (122.66%), Potassium: 3684.55mg (105.27%), Vitamin C: 82.33mg (99.79%), Iron: 16.42mg (91.2%), Zinc: 13.51mg (90.08%), Magnesium: 292.35mg (73.09%), Vitamin B1: 1.06mg (70.79%), Vitamin A: 3211.12IU (64.22%), Copper: 1.03mg (51.29%), Folate: 110.74µg (27.68%), Manganese: 0.45mg (22.67%), Calcium: 200.76mg (20.08%), Fiber: 4.39g (17.58%), Vitamin K: 10.05µg (9.57%), Vitamin E: 1.03mg (6.85%), Vitamin D: 0.24µg (1.59%)