

Pheasant Fricassee

READY IN



75 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 large carrots finely chopped
- ☐ 27.5 ounce chicken broth divided canned
- ☐ 3 tablespoons flour
- ☐ 1 dash ground cloves
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup heavy whipping cream light
- ☐ 1 large onion finely chopped
- ☐ 2 tablespoons parsley snipped

- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons salt

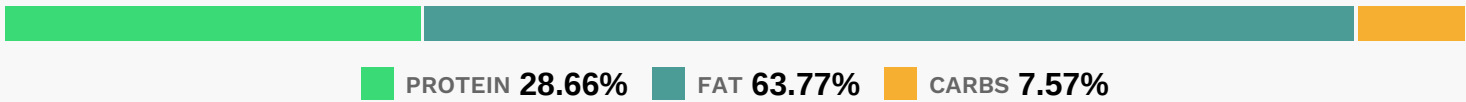
Equipment

- ☐ frying pan

Directions

- ☐ Combine the 1/2 cup flour, salt and pepper in a paper bag.2
- ☐ Add pheasant, 2 to 3 pieces at a time.3 Shake to coat well.4 In a large heavy skillet brown the pheasant in butter (350° on electric skillet).5
- ☐ Add onion and carrot, cook 2 minutes.6
- ☐ Add 1 can broth and cloves.7 Reduce heat (200°) Cover and simmer 45 to 55 minutes or till tender, adding 2nd can of broth as needed to prevent all juices from cooking away.8
- ☐ Remove to warm platter.9 Measure 1 cup broth, discard remaining broth.10 Return broth to skillet.11 In a screw-top jar shake light cream and 3 tbs flour till blended.12 Stir into broth in skillet, cook and stir till thickened and bubbly.13 Stir in parsley and lemon juice.14
- ☐ Serve over pheasant.

Nutrition Facts



Properties

Glycemic Index:43.81, Glycemic Load:3, Inflammation Score:-9, Nutrition Score:14.218260868736%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 487.55kcal (24.38%), Fat: 34.33g (52.81%), Saturated Fat: 17.85g (111.59%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 8.16g (2.97%), Sugar: 1.77g (1.97%), Cholesterol: 139.28mg (46.43%), Sodium: 1515.63mg (65.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.41%), Vitamin A: 3102.23IU (62.04%), Selenium: 25.68µg (36.69%), Vitamin K: 29.12µg (27.73%), Phosphorus: 243.37mg (24.34%), Vitamin B12: 1.4µg (23.38%), Zinc: 3.48mg (23.21%), Vitamin B3: 3.53mg (17.67%), Vitamin B6: 0.31mg (15.51%), Vitamin B2: 0.22mg (12.89%), Iron: 2.09mg (11.63%), Manganese: 0.2mg (10.06%), Potassium: 333.75mg (9.54%), Magnesium: 34.07mg (8.52%), Vitamin E: 1.21mg (8.05%), Vitamin C: 5.54mg (6.71%), Calcium: 63.57mg (6.36%), Folate: 21.1µg (5.28%), Copper: 0.09mg (4.71%), Vitamin B1: 0.06mg (4.09%), Fiber: 1.01g (4.05%), Vitamin D: 0.37µg (2.46%), Vitamin B5: 0.21mg (2.1%)