



Pheasant in Mushroom Sauce

 Dairy Free

READY IN



375 min.

SERVINGS



8

CALORIES



52 kcal

SAUCE

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 teaspoon salt
- ☐ 0.5 cup onion chopped
- ☐ 1 clove garlic finely chopped
- ☐ 10.8 ounces cream of chicken soup canned
- ☐ 4 ounces mushrooms drained sliced canned

- ☐ 1 serving paprika
- ☐ 2 frangelico cut into fourths

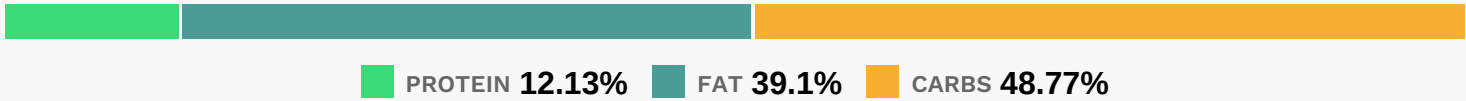
Equipment

- ☐ slow cooker

Directions

- ☐ Place pheasant pieces in 3 1/2- to 6-quart slow cooker.
- ☐ Mix remaining ingredients except paprika; pour over pheasant.
- ☐ Sprinkle generously with paprika.
- ☐ Cover and cook on low heat setting 6 to 7 hours or until pheasant is tender.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:2.46, Inflammation Score:-2, Nutrition Score:2.2856521497926%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 52.44kcal (2.62%), Fat: 2.33g (3.59%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 6.55g (2.18%), Net Carbohydrates: 5.89g (2.14%), Sugar: 1.27g (1.41%), Cholesterol: 3.34mg (1.11%), Sodium: 701.14mg (30.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Copper: 0.1mg (4.91%), Iron: 0.81mg (4.49%), Manganese: 0.08mg (4.08%), Vitamin A: 194.67IU (3.89%), Selenium: 2.13µg (3.04%), Phosphorus: 29.31mg (2.93%), Vitamin B3: 0.57mg (2.86%), Vitamin B1: 0.04mg (2.83%), Vitamin B2: 0.05mg (2.79%), Fiber: 0.66g (2.62%), Potassium: 80.47mg (2.3%), Vitamin B5: 0.22mg (2.18%), Folate: 8.1µg (2.02%), Vitamin E: 0.29mg (1.94%), Zinc: 0.27mg (1.82%), Vitamin K: 1.84µg (1.75%), Vitamin B6: 0.03mg (1.57%), Magnesium: 6.03mg (1.51%), Vitamin C: 1.17mg (1.42%), Calcium: 13.77mg (1.38%)