



Pheasant Nuggets

READY IN



35 min.

SERVINGS



6

CALORIES



724 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce buttery round crackers crushed
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon meat tenderizer
- ☐ 0.5 cup milk
- ☐ 2 pounds pheasant breast cut into strips
- ☐ 0.5 cup potato flakes dry
- ☐ 6 servings seasoned salt and pepper to taste

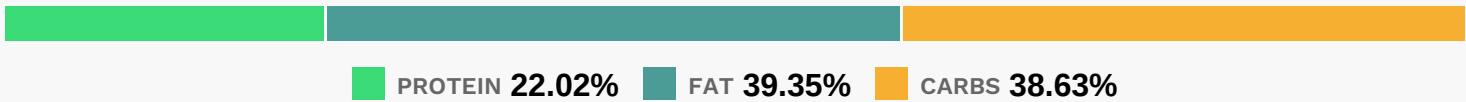
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ meat tenderizer
- ☐ deep fryer

Directions

- ☐ Preheat a deep fryer for 375 to 400 degrees F (190 to 200 degrees C).
- ☐ Sprinkle the pheasant meat with meat tenderizer and pound lightly with a mallet to make all the pieces uniform and the same thickness. Using a medium bowl, combine the flour, seasoned salt, pepper, potato flakes and crushed cracker crumbs.
- ☐ Mix well and set aside.
- ☐ In a separate medium bowl, combine the egg and the milk and whisk until smooth. Dip the pheasant meat strips into the egg mixture then dredge each strip into the flour mixture. Coat well and thoroughly and lay out on a plate so the strips can be easily transferred to the deep fryer.
- ☐ Place the strips in a deep fryer set at 375 to 400 degrees F (190 to 200 degrees C) until golden brown. (Note: You can also pan fry these in a skillet over medium high to high heat with 1 cup oil for pan frying, but you may need to flip them if they are not submerged in oil.)

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:11.86, Inflammation Score:-6, Nutrition Score:25.343478213186%

Nutrients (% of daily need)

Calories: 724.46kcal (36.22%), Fat: 31.22g (48.03%), Saturated Fat: 8.28g (51.78%), Carbohydrates: 68.97g (22.99%), Net Carbohydrates: 66.34g (24.12%), Sugar: 7.38g (8.2%), Cholesterol: 122.57mg (40.86%), Sodium: 937.29mg (40.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.32g (78.63%), Vitamin B3: 13.7mg

(68.5%), Phosphorus: 551.73mg (55.17%), Selenium: 34.53µg (49.32%), Vitamin B6: 0.98mg (49.06%), Vitamin B1: 0.66mg (43.7%), Vitamin K: 38.38µg (36.55%), Iron: 6.03mg (33.53%), Vitamin B2: 0.56mg (32.77%), Manganese: 0.58mg (29.2%), Folate: 106.14µg (26.53%), Vitamin B12: 1.18µg (19.63%), Vitamin B5: 1.88mg (18.82%), Vitamin E: 2.74mg (18.27%), Calcium: 165.78mg (16.58%), Potassium: 526.83mg (15.05%), Zinc: 2.07mg (13.82%), Vitamin C: 10.95mg (13.27%), Magnesium: 51.79mg (12.95%), Copper: 0.22mg (11.11%), Fiber: 2.63g (10.53%), Vitamin A: 303.49IU (6.07%), Vitamin D: 0.37µg (2.47%)