



Pheasant Phungi Perfection

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons arrowroot powder
- ☐ 2 tablespoons butter
- ☐ 1 teaspoon basil dried
- ☐ 0.5 ounce mushroom caps dried
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.5 ounce forest mushroom blend dried
- ☐ 3 tablespoons oil-packed sun-dried tomatoes sliced
- ☐ 2 tablespoons olive oil

- ☐ 1 pheasant – deboned cut into small chunks
- ☐ 1 portobello mushroom cap chopped
- ☐ 4 servings salt to taste
- ☐ 0.3 cup shallots finely chopped

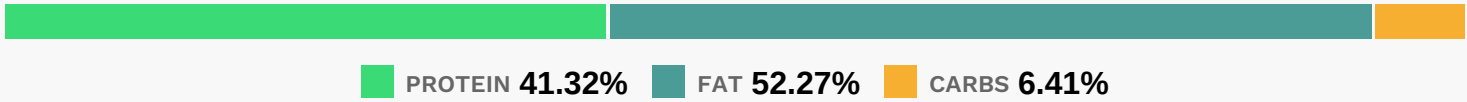
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a small bowl, reconstitute dried mushrooms in water according to package instructions.
- ☐ Drain, and reserve the water. Chop reconstituted mushrooms into small pieces.
- ☐ Heat olive oil in a large heavy skillet over medium heat.
- ☐ Saute pheasant meat with garlic and basil until lightly browned.
- ☐ Remove meat from pan with a slotted spoon, and set aside.
- ☐ Add butter to oil in skillet.
- ☐ Saute shallots, reconstituted mushrooms and portobello mushroom until golden brown. Stir in sun-dried tomatoes, and all but 1/4 cup of the mushroom soaking water. Dissolve arrowroot powder in water, and stir into mushroom mixture. Return pheasant meat to skillet, and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:64.25, Glycemic Load:4.13, Inflammation Score:-7, Nutrition Score:32.352608722189%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 782.83kcal (39.14%), Fat: 44.65g (68.69%), Saturated Fat: 13.82g (86.39%), Carbohydrates: 12.32g (4.11%), Net Carbohydrates: 10.37g (3.77%), Sugar: 3.28g (3.65%), Cholesterol: 257.31mg (85.77%), Sodium: 384.34mg (16.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.41g (158.83%), Vitamin B6: 2.41mg (120.44%), Vitamin B3: 23.9mg (119.49%), Selenium: 59.93µg (85.62%), Phosphorus: 793.75mg (79.38%), Vitamin B12: 2.65µg (44.16%), Vitamin B5: 4.38mg (43.77%), Vitamin B2: 0.6mg (35.05%), Potassium: 1162.03mg (33.2%), Copper: 0.55mg (27.33%), Iron: 4.88mg (27.12%), Zinc: 3.87mg (25.79%), Vitamin C: 21.21mg (25.71%), Magnesium: 86.33mg (21.58%), Vitamin B1: 0.3mg (20.05%), Vitamin A: 814.19IU (16.28%), Manganese: 0.3mg (14.87%), Folate: 41.47µg (10.37%), Vitamin K: 10.74µg (10.23%), Vitamin E: 1.21mg (8.06%), Fiber: 1.96g (7.83%), Calcium: 62.74mg (6.27%), Vitamin D: 0.22µg (1.44%)