



Pot-roast pheasant with cider & bacon

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



477 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 apples cored cut into large chunks
- ☐ 100 g bacon
- ☐ 50 g butter
- ☐ 1 celery stalks chopped
- ☐ 300 ml chicken stock see
- ☐ 100 ml double cream
- ☐ 500 ml cider
- ☐ 1 onion chopped

- ☐ 4 sage chopped
- ☐ 1 savoy cabbage shredded finely

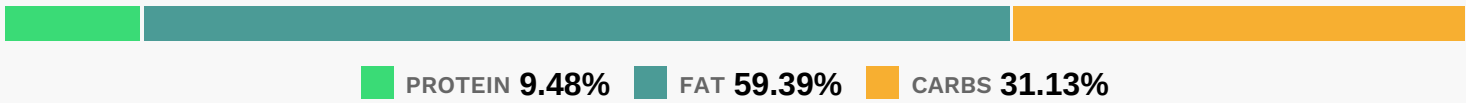
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas 5.Melt the butter in a large non-stickflameproof dish. Season the pheasants,add to the dish and brown on all sides.
- ☐ Remove from the dish and set aside.
- ☐ Add the bacon, onion, celery and sage to the dish and cook for 10 mins untilthe onion is soft and the bacon is crisp.Carefully pour off any excess fat.Return the pheasants to the dish andscatter over the apples.
- ☐ Pour over thecider and the chicken stock, bring to a simmer, cover with a lid and cook inthe oven for 25 mins until the birdsare cooked through.
- ☐ Remove the birds from the dish and keepwarm. Return dish to the hob over a highheat.
- ☐ Let the liquid bubble until reduced byhalf, then add the cabbage, cover with a lidand cook for 3 mins.
- ☐ Add the cream, checkthe seasoning, and continue cooking for1 min more.
- ☐ Serve the pheasant on top ofthe cabbage mixture with some mashedpotato, if you like.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:6.06, Inflammation Score:-10, Nutrition Score:25.402608736702%

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: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg 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 Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg Luteolin:
0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg,
Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg,
Kaempferol: 2.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin:
10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg, Quercetin: 10.05mg

Nutrients (% of daily need)

Calories: 477.16kcal (23.86%), Fat: 30.46g (46.87%), Saturated Fat: 15.85g (99.03%), Carbohydrates: 35.92g
(11.97%), Net Carbohydrates: 26.27g (9.55%), Sugar: 21g (23.33%), Cholesterol: 74.08mg (24.69%), Sodium:
432.26mg (18.79%), Alcohol: 6.23g (100%), Alcohol %: 1.3% (100%), Protein: 10.94g (21.88%), Vitamin K: 159.04µg
(151.46%), Vitamin C: 76.31mg (92.49%), Vitamin A: 2997.78IU (59.96%), Folate: 193.5µg (48.38%), Fiber: 9.65g
(38.58%), Vitamin B6: 0.62mg (31.03%), Manganese: 0.48mg (24.02%), Potassium: 814.07mg (23.26%),
Magnesium: 78.53mg (19.63%), Vitamin B1: 0.29mg (19.15%), Phosphorus: 186.87mg (18.69%), Copper: 0.35mg
(17.62%), Vitamin B3: 3.02mg (15.11%), Selenium: 9.74µg (13.92%), Vitamin B2: 0.24mg (13.86%), Calcium: 114.33mg
(11.43%), Vitamin E: 1.21mg (8.04%), Zinc: 1.17mg (7.77%), Iron: 1.36mg (7.57%), Vitamin B5: 0.73mg (7.29%), Vitamin
D: 0.5µg (3.35%), Vitamin B12: 0.19µg (3.11%)