

Roast Pheasant



Gluten Free



Dairy Free



Low Fod Map

READY IN



145 min.

SERVINGS



4

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 cup olive oil
- ☐ 1 pheasant breast whole cleaned
- ☐ 2 sprigs rosemary chopped

Equipment

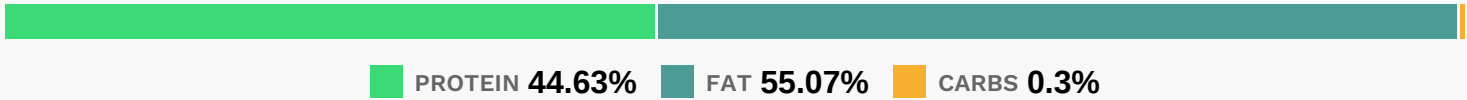
- ☐ frying pan
- ☐ oven

- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 250 degrees F (120 degrees C).
- ☐ Stir the chopped rosemary and thyme into the olive oil and set aside. Rub the pheasant inside and out with salt and pepper.
- ☐ Place into a close-fitting roasting pan.
- ☐ Pour the herb oil over top.
- ☐ Bake the pheasant in the preheated oven for 1 hour, then cover with aluminum foil, and continue baking an additional hour, or until an instant-read thermometer inserted into the thickest part of the thigh, near the bone reads 180 degrees F (82 degrees C).
- ☐ Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing. Baste the pheasant with the hot oil and juices from the pan every 30 minutes while cooking.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:27.953913020051%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg

Nutrients (% of daily need)

Calories: 715.24kcal (35.76%), Fat: 42.54g (65.44%), Saturated Fat: 10.72g (66.98%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0g (0%), Cholesterol: 242.26mg (80.75%), Sodium: 136.9mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.56g (155.13%), Vitamin B6: 2.26mg (112.96%), Vitamin B3: 21.96mg (109.8%), Selenium: 53.58µg (76.54%), Phosphorus: 732.23mg (73.22%), Vitamin B12: 2.63µg (43.79%), Vitamin B5: 3.17mg (31.75%), Vitamin B2: 0.5mg (29.21%), Vitamin C: 20.92mg (25.35%), Potassium: 841.7mg (24.05%), Iron: 4.31mg (23.97%), Zinc: 3.31mg (22.07%), Magnesium: 71.32mg (17.83%), Vitamin B1: 0.25mg (16.46%),

Vitamin A: 689.19IU (13.78%), Copper: 0.23mg (11.66%), Vitamin E: 1.56mg (10.37%), Vitamin K: 6.67μg (6.35%),
Folate: 21.43μg (5.36%), Manganese: 0.1mg (5.09%), Calcium: 49.22mg (4.92%), Fiber: 0.29g (1.17%)