



Roasted wood pigeon on toast

READY IN



50 min.

SERVINGS



2

CALORIES



464 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pigeon
- ☐ 1 handful herbs like: thym mixed
- ☐ 4 garlic clove peeled
- ☐ 2 tbsp olive oil
- ☐ 25 g butter
- ☐ 2 slices sourdough bread thick
- ☐ 150 ml red wine well (Chianti works)

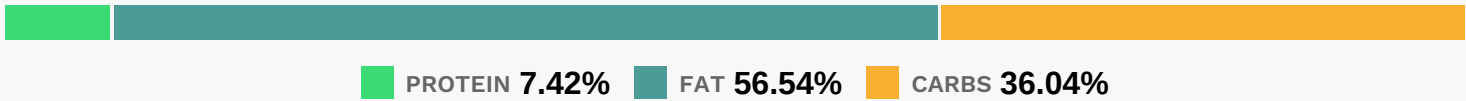
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Season the pigeons generously, stuff the cavities with nearly all the herbs, and place a garlic clove in each bird.
- ☐ Heat the oil and butter in an ovenproof shallow pan, and spend 5 mins browning the pigeons on all sides.
- ☐ Remove the pigeons and fry the bread on one side until crispy and golden, adding more butter to the pan if you need to. Turn the bread over and sit a pigeon on each slice of bread. Scatter the remaining herbs and garlic into the pan, and pour over the wine.
- ☐ Put the pan in the oven for 20 mins, then remove and leave to rest for 10 mins.
- ☐ Serve the pigeon straight from the pan with the bread.

Nutrition Facts



Properties

Glycemic Index:122.75, Glycemic Load:26.47, Inflammation Score:-7, Nutrition Score:11.323913020932%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg, Petunidin: 1.51mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg, Malvidin: 10.53mg Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg, Peonidin: 0.95mg Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg, Catechin: 5.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 464.24kcal (23.21%), Fat: 25.96g (39.94%), Saturated Fat: 8.79g (54.91%), Carbohydrates: 37.22g (12.41%), Net Carbohydrates: 35.67g (12.97%), Sugar: 3.5g (3.89%), Cholesterol: 27.83mg (9.27%), Sodium: 470.58mg (20.46%), Alcohol: 8.06g (100%), Alcohol %: 5.85% (100%), Protein: 7.67g (15.34%), Vitamin B1: 0.47mg (31.55%), Selenium: 19.57µg (27.96%), Manganese: 0.55mg (27.39%), Folate: 80.78µg (20.19%), Vitamin B2: 0.31mg (18.28%), Iron: 3.1mg (17.24%), Vitamin B3: 3.37mg (16.86%), Vitamin E: 2.45mg (16.35%), Vitamin K: 14.31µg (13.63%), Phosphorus: 99.92mg (9.99%), Vitamin B6: 0.19mg (9.61%), Magnesium: 32.22mg (8.05%), Vitamin A: 369.62IU (7.39%), Copper: 0.13mg (6.59%), Fiber: 1.55g (6.2%), Zinc: 0.88mg (5.89%), Potassium: 203.64mg (5.82%), Calcium: 55.26mg (5.53%), Vitamin B5: 0.3mg (2.96%), Vitamin C: 2.1mg (2.55%)