



food
network

Rocky Mountain Oyster Stew

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



386 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 cup canola oil
- ☐ 1 teaspoon freshly chives chopped
- ☐ 1 cup flour all-purpose
- ☐ 1 bread crispy french toasted sliced baguette
- ☐ 2 teaspoons garlic chopped
- ☐ 1 teaspoon freshly parsley leaves chopped
- ☐ 0.5 bottle red wine
- ☐ 8 servings salt and pepper black freshly ground

- ☐ 0.1 cup tomato paste
- ☐ 1 stick butter unsalted
- ☐ 2 cups onions white sliced
- ☐ 2 pounds bull's testicles
- ☐ 2 pounds bull's testicles

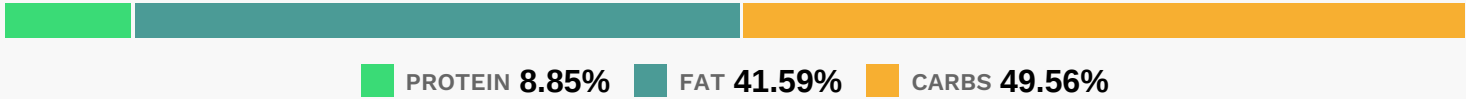
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Remove outer membrane from the testicles and slice into 1-inch disks. Toss into flour, seasoned with salt and pepper, and shake of any excess. In a large oven proof skillet add canola oil and heat until it gets to the smoking point.
- ☐ Add garlic and onions and saute until cooked, tossing quickly so as not to burn the garlic.
- ☐ Remove from pan and set aside.
- ☐ In the same pan with the oil residue, add the butter and place the disks of the testicles, flat side down, into the hot skillet. Cook until golden brown on both sides.
- ☐ Add the wine, stir in tomato paste until well incorporated, then add back the sauteed onion and garlic mixture. As the dish cooks it will thicken because of the flour dusting on the testicles. Continue to cook on top of the range for about 15 minutes, then place the pan into the preheated oven for another 30 minutes or until testicles are tender.
- ☐ Remove from oven and adjust seasoning.
- ☐ Let rest for approximately 10 minutes so flavor enhances.
- ☐ Garnish with chopped herbs and crispy bread.

Nutrition Facts



Properties

Glycemic Index:47.69, Glycemic Load:30, Inflammation Score:-7, Nutrition Score:11.291739123023%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.93mg, Petunidin: 0.93mg, Petunidin: 0.93mg, Petunidin: 0.93mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 6.49mg, Malvidin: 6.49mg, Malvidin: 6.49mg, Malvidin: 6.49mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg, Catechin: 3.35mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg, Isorhamnetin: 2.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 385.7kcal (19.29%), Fat: 16.39g (25.21%), Saturated Fat: 7.83g (48.91%), Carbohydrates: 43.93g (14.64%), Net Carbohydrates: 41.52g (15.1%), Sugar: 4.86g (5.4%), Cholesterol: 30.37mg (10.12%), Sodium: 338.84mg (14.73%), Alcohol: 4.97g (100%), Alcohol %: 3.59% (100%), Protein: 7.85g (15.69%), Vitamin B1: 0.5mg (33.55%), Selenium: 20.36µg (29.09%), Manganese: 0.52mg (26.04%), Folate: 99.27µg (24.82%), Vitamin B2: 0.33mg (19.31%), Vitamin B3: 3.62mg (18.12%), Iron: 3.13mg (17.39%), Phosphorus: 99.93mg (9.99%), Fiber: 2.41g (9.66%), Vitamin A: 424.26IU (8.49%), Vitamin E: 1.24mg (8.27%), Magnesium: 31.48mg (7.87%), Vitamin B6: 0.15mg (7.71%), Copper: 0.14mg (7.01%), Potassium: 242.83mg (6.94%), Zinc: 0.81mg (5.41%), Vitamin K: 5.34µg (5.09%), Vitamin C: 4.18mg (5.07%), Calcium: 48.09mg (4.81%), Vitamin B5: 0.33mg (3.26%), Vitamin D: 0.21µg (1.41%)