



Sauteed Grouse with Peach-Balsamic Sauce



Gluten Free

READY IN



50 min.

SERVINGS



2

CALORIES



1050 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1 teaspoon balsamic vinegar to taste
- ☐ 2 tablespoons butter
- ☐ 0.3 cup chicken stock see
- ☐ 0.3 cup white wine dry
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 2 cloves garlic sliced
- ☐ 2 pound grouse dry cut into quarters and patted

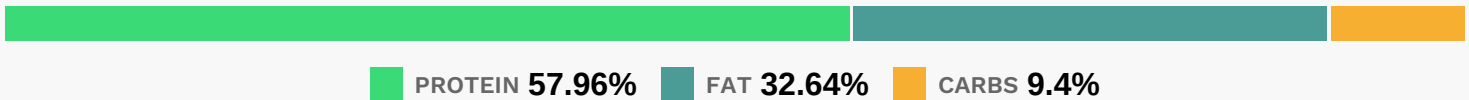
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter with the garlic in a large skillet over low heat. Allow to bubble slowly for about 10 minutes to infuse the garlic into the butter, then remove garlic and reserve.
- ☐ Increase the heat to medium-high. When hot, brown the grouse until golden brown on both sides, about 3 minutes per side; then set aside.
- ☐ Pour the sherry into the skillet and allow to simmer for 20 seconds. Stir in the chicken stock, tarragon, and peach jam; bring back to a simmer, then reduce heat to medium-low, cover, and simmer for 5 minutes.
- ☐ Add the balsamic vinegar, and cook, covered for 2 minutes. Return the grouse to the pan, and simmer until fully cooked, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:17.023478276056%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 1049.99kcal (52.5%), Fat: 35.97g (55.34%), Saturated Fat: 7.34g (45.85%), Carbohydrates: 23.32g (7.77%), Net Carbohydrates: 23.02g (8.37%), Sugar: 14.01g (15.57%), Cholesterol: 31mg (10.33%), Sodium: 420.73mg (18.29%), Alcohol: 3.09g (100%), Alcohol %: 0.69% (100%), Protein: 143.74g (287.47%), Iron: 35.48mg (197.11%), Phosphorus: 1571.29mg (157.13%), Potassium: 2286.05mg (65.32%), Magnesium: 195.09mg (48.77%), Calcium: 177.84mg (17.78%), Manganese: 0.26mg (12.99%), Vitamin A: 495.66IU (9.91%), Vitamin B6: 0.13mg (6.25%), Vitamin C: 4.6mg (5.57%), Vitamin B2: 0.07mg (4.2%), Vitamin B3: 0.72mg (3.61%), Copper: 0.07mg (3.51%), Selenium:

1.94µg (2.76%), Vitamin E: 0.37mg (2.5%), Folate: 8.09µg (2.02%), Vitamin B1: 0.02mg (1.58%), Zinc: 0.22mg (1.49%),
Fiber: 0.3g (1.2%), Vitamin K: 1.21µg (1.15%)