



Slow Cooker Pheasant with Mushrooms and Olives



Vegetarian



Dairy Free

READY IN



285 min.

SERVINGS



6

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup olives black sliced
- ☐ 1 cup chicken broth
- ☐ 1 cup crimini mushrooms sliced
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon garlic chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil

- ☐ 1 onion sliced into rings
- ☐ 6 servings salt
- ☐ 1 cup white wine

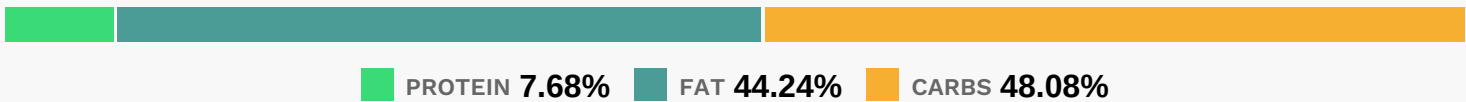
Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ slow cooker

Directions

- ☐ Place the flour, salt, and pepper into a resealable plastic bag; shake to mix.
- ☐ Place the pheasant pieces into the flour mixture, and shake until evenly coated.
- ☐ Heat the olive oil in a large skillet over medium-high heat. Shake any excess flour off of the pheasant pieces, and place them in the hot oil. Cook until the pheasant is brown on both sides, about 3 minutes per side.
- ☐ Place the pheasant into a slow cooker, reserving the oil in the skillet. Cook the onion in the remaining oil until they soften, about 3 minutes. Stir in the mushrooms and garlic, and continue cooking and stirring until the mushrooms have softened and the garlic has mellowed, about 5 minutes more.
- ☐ Pour the wine into the skillet and bring to a boil. Boil for 5 minutes, then pour in the chicken broth and return to a boil.
- ☐ Pour the mushroom mixture into the slow cooker, and sprinkle with sliced black olives.
- ☐ Cover, and cook on High for 4 hours, or Low for 7 hours.

Nutrition Facts



Properties

Glycemic Index:29.83, Glycemic Load:9.29, Inflammation Score:-4, Nutrition Score:5.1026087578224%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 161.76kcal (8.09%), Fat: 6.66g (10.25%), Saturated Fat: 0.91g (5.71%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 15.06g (5.48%), Sugar: 1.65g (1.84%), Cholesterol: 0.78mg (0.26%), Sodium: 518.7mg (22.55%), Alcohol: 4.12g (100%), Alcohol %: 3.65% (100%), Protein: 2.6g (5.21%), Selenium: 9µg (12.86%), Manganese: 0.25mg (12.27%), Vitamin B1: 0.16mg (10.52%), Vitamin B2: 0.17mg (10.14%), Folate: 35.87µg (8.97%), Vitamin B3: 1.57mg (7.83%), Vitamin E: 1.13mg (7.55%), Iron: 1.06mg (5.89%), Copper: 0.12mg (5.79%), Fiber: 1.23g (4.9%), Phosphorus: 47.98mg (4.8%), Vitamin B6: 0.08mg (4.12%), Potassium: 143.96mg (4.11%), Vitamin K: 3.41µg (3.24%), Magnesium: 12.46mg (3.12%), Vitamin B5: 0.3mg (3.04%), Zinc: 0.37mg (2.46%), Calcium: 22.69mg (2.27%), Vitamin C: 1.77mg (2.15%)