



Tender Pheasants

READY IN



320 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon sliced
- 4.5 ounce mushrooms sliced canned
- 10.8 ounce cream of mushroom soup canned
- 1 ounce onion soup mix dry
- 4 servings salt and ground pepper black to taste
- 1 small onion chopped
- 1 cup heavy whipping cream sour
- 1 cup water
- 4 small pheasants rinsed cleaned

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Equipment

whisk

mixing bowl

slow cooker

Directions

Place the pheasants into a large slow cooker. Wrap and drape the bacon over the birds, covering the pheasants as much as you can.

Whisk the condensed soup, sour cream, water, chopped onion, onion soup mix, and mushrooms together in a mixing bowl. Season to taste with salt and pepper.

Pour over the pheasants.

Cook on Low for 8 to 10 hours, or on High for 5 to 7 hours.

Nutrition Facts

 **PROTEIN 12.31%** **FAT 73.65%** **CARBS 14.04%**

Properties

Glycemic Index:14.75, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:9.9204348118409%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 432.75kcal (21.64%), Fat: 35.62g (54.81%), Saturated Fat: 14.29g (89.3%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 13.57g (4.94%), Sugar: 3.78g (4.2%), Cholesterol: 75.16mg (25.05%), Sodium: 1641.77mg (71.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.39g (26.79%), Selenium: 15.28µg (21.83%), Phosphorus: 188.68mg (18.87%), Vitamin B3: 3.65mg (18.27%), Manganese: 0.35mg (17.55%), Vitamin B1: 0.24mg (15.88%), Copper: 0.3mg (15.21%), Vitamin B6: 0.29mg (14.34%), Zinc: 2.04mg (13.62%), Vitamin B2: 0.22mg (12.9%), Potassium: 399.26mg (11.41%), Vitamin B5: 0.99mg (9.95%), Vitamin B12: 0.53µg (8.77%), Calcium: 83.84mg (8.38%), Vitamin A: 381.16IU (7.62%), Magnesium: 29.44mg (7.36%), Fiber: 1.71g (6.83%), Iron: 1.19mg (6.63%), Folate: 15.95µg (3.99%), Vitamin E: 0.48mg (3.19%), Vitamin C: 2.05mg (2.49%), Vitamin D: 0.29µg (1.94%), Vitamin K: 1.2µg

(1.14%)