

Perfect Crock Pot Pheasant With Garlic and Wine

Yield: 6 min
Total Time: 420 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-pheasant-recipe>

Ingredients:

- 2 pheasants
- kosher salt
- freshly ground black pepper
- 1/4 cup all-purpose flour
- 4 tablespoons oil
- 4 tablespoons butter
- 1 clove garlic
- 1 cup onion chopped
- 1 cup riesling or white zinfandel, or another kind of slightly sweet white wine
- 1 tablespoon sugar
- 1 can mushrooms chopped
- 1 can ripe olives sliced, optional
- 1 1/2 cups chicken stock low sodium or unsalted

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 200 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 67 grams
7. SaturatedFat: 8 grams
8. Sodium: 460 milligrams
9. Sugar: 5 grams

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