



Asian Grilled Quail



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce chicken broth canned
- ☐ 3 tablespoons sriracha
- ☐ 2 teaspoons cornstarch
- ☐ 3 tablespoons sesame oil dark
- ☐ 4 servings spring onion sliced
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup hoisin sauce
- ☐ 3 tablespoons honey

- ☐ 8 quail
- ☐ 2 tablespoons sesame seed

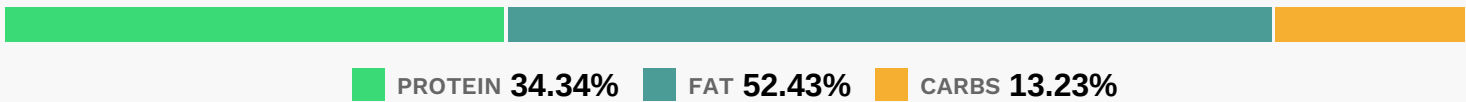
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 6 ingredients in a shallow dish or large heavy-duty zip-top plastic bag, gently squeezing to blend; add quail. Cover or seal, and chill 30 minutes, turning occasionally.
- ☐ Remove quail from marinade, reserving marinade.
- ☐ Prepare fire by piling charcoal or lava rocks on 1 side of grill, leaving the other side empty.
- ☐ Place rack on grill. Arrange quail over empty side; grill, covered with grill lid, 30 minutes or until done.
- ☐ Pour reserved marinade into a small saucepan. Reserve 1/4 cup chicken broth, and add remaining chicken broth to marinade. Bring mixture to a boil over medium-high heat; boil, stirring occasionally, 5 minutes.
- ☐ Whisk together cornstarch and reserved 1/4 cup chicken broth until smooth.
- ☐ Whisk into marinade mixture; boil, whisking constantly, 1 minute.
- ☐ Serve with quail; garnish, if desired.
- ☐ Asian Grilled Cornish Hens: Substitute 4 (1- to 1 1/2 pound) Cornish hens for quail. Grill as directed 45 to 50 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:7.02, Inflammation Score:-7, Nutrition Score:34.301739119965%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 832.31kcal (41.62%), Fat: 47.7g (73.38%), Saturated Fat: 11.56g (72.27%), Carbohydrates: 27.08g (9.03%), Net Carbohydrates: 25.34g (9.22%), Sugar: 20g (22.23%), Cholesterol: 217.58mg (72.53%), Sodium: 1517.98mg (66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.28g (140.55%), Vitamin B3: 19.38mg (96.9%), Selenium: 57.25µg (81.79%), Phosphorus: 792.24mg (79.22%), Vitamin B6: 1.56mg (77.8%), Copper: 1.36mg (67.77%), Iron: 11mg (61.14%), Zinc: 8.29mg (55.24%), Vitamin B2: 0.73mg (42.85%), Vitamin B1: 0.57mg (37.85%), Vitamin B12: 1.97µg (32.75%), Magnesium: 90.45mg (22.61%), Potassium: 698.67mg (19.96%), Manganese: 0.37mg (18.64%), Vitamin C: 14.58mg (17.67%), Vitamin B5: 1.71mg (17.14%), Vitamin K: 16.3µg (15.53%), Vitamin A: 773IU (15.46%), Calcium: 93.08mg (9.31%), Folate: 31.55µg (7.89%), Fiber: 1.74g (6.95%), Vitamin E: 0.57mg (3.78%)