



Bacon-Wrapped Quail



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



8 slices bacon



2 tablespoons butter melted



0.5 teaspoon pepper



8 quail



1 teaspoon salt

Equipment



oven

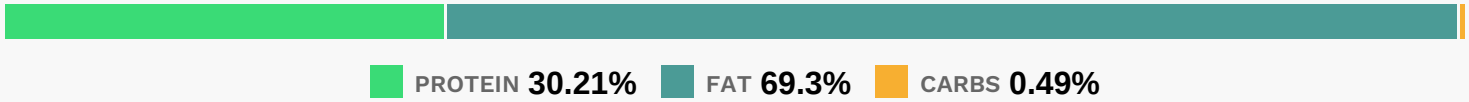


roasting pan

Directions

- ☐ Sprinkle quail with salt and pepper, and wrap with bacon slices.
- ☐ Place, breast side down, in a roasting pan.
- ☐ Brush with melted butter.
- ☐ Bake at 425 for 10 minutes; reduce heat to 325, and bake, covered, 40 to 45 minutes or until done.
- ☐ Let stand 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:13.783478394799%

Nutrients (% of daily need)

Calories: 326.5kcal (16.32%), Fat: 24.69g (37.98%), Saturated Fat: 7.2g (44.97%), Carbohydrates: 0.39g (0.13%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0g (0%), Cholesterol: 97.36mg (32.45%), Sodium: 527.13mg (22.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin B3: 9.1mg (45.52%), Vitamin B6: 0.71mg (35.66%), Phosphorus: 332.43mg (33.24%), Selenium: 22.52µg (32.18%), Copper: 0.56mg (28.19%), Iron: 4.43mg (24.62%), Vitamin B1: 0.33mg (21.81%), Zinc: 2.9mg (19.33%), Vitamin B2: 0.3mg (17.81%), Vitamin B12: 0.58µg (9.7%), Vitamin B5: 0.97mg (9.68%), Vitamin C: 6.66mg (8.07%), Potassium: 282.19mg (8.06%), Vitamin A: 398.89IU (7.98%), Magnesium: 28.04mg (7.01%), Folate: 8.78µg (2.19%), Manganese: 0.04mg (1.99%), Calcium: 17.05mg (1.71%), Vitamin E: 0.2mg (1.36%)