



Bacon-Wrapped Quail Stuffed with Goat Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



507 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 16 sprigs rosemary fresh
- ☐ 0.3 cup thyme leaves fresh
- ☐ 8 cloves garlic peeled halved
- ☐ 16 ounces goat cheese fresh soft
- ☐ 1.5 teaspoons kosher salt
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 4 ounce quail dry rinsed
- ☐ 16 strips bacon thick-cut

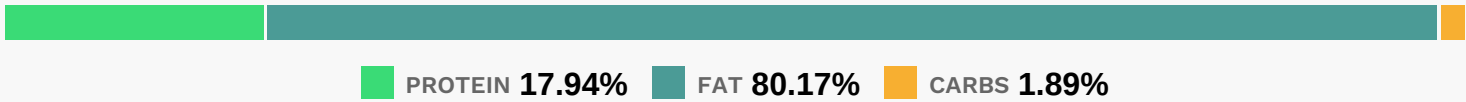
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ kitchen twine

Directions

- ☐ Season each quail inside and out with salt and pepper.
- ☐ Transfer to 1 to 2 large bowls, add oil, thyme, and garlic, and toss to combine. Refrigerate, covered, at least 1 hour and up to 48 hours.
- ☐ Preheat oven to 500°F.
- ☐ Remove 1 quail from marinade. Stuff cavity with 1 ounce goat cheese and 1 sprig rosemary and tie legs together loosely with kitchen string. Wrap 1 strip bacon around breast and transfer quail, breast side up, to rimmed baking sheet. Repeat with remaining quail, using 2 to 3 baking sheets. Roast until just cooked through (cut into inner thigh; meat will still be slightly pink), about 15 minutes.
- ☐ If you prefer, the quail can be grilled rather than roasted. To avoid flare-ups from dripping fat, cook the bacon separately and stuff it in the cavity of each bird along with the cheese.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:0.36, Inflammation Score:-9, Nutrition Score:11.823478284089%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg,

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 507.48kcal (25.37%), Fat: 44.99g (69.22%), Saturated Fat: 18.71g (116.91%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2.06g (0.75%), Sugar: 0.54g (0.59%), Cholesterol: 84.37mg (28.12%), Sodium: 1129.6mg (49.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.66g (45.32%), Phosphorus: 294.22mg (29.42%), Selenium: 18.85µg (26.92%), Copper: 0.54mg (26.83%), Vitamin B6: 0.46mg (23.07%), Vitamin B3: 4.26mg (21.29%), Vitamin B2: 0.32mg (18.89%), Vitamin B1: 0.28mg (18.66%), Vitamin A: 720.4IU (14.41%), Iron: 2.28mg (12.64%), Zinc: 1.78mg (11.86%), Calcium: 97.43mg (9.74%), Vitamin B5: 0.92mg (9.22%), Vitamin B12: 0.53µg (8.81%), Manganese: 0.16mg (8.03%), Magnesium: 24.38mg (6.09%), Potassium: 211.63mg (6.05%), Vitamin E: 0.8mg (5.36%), Vitamin C: 4.1mg (4.96%), Vitamin D: 0.51µg (3.43%), Vitamin K: 2.9µg (2.76%), Folate: 8.9µg (2.22%), Fiber: 0.32g (1.28%)