



Barbecued Texas-Style Quail

 Gluten Free

READY IN



13 min.

SERVINGS



6

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 strips bacon
- 4 ounces butter melted (1 stick)
- 6 servings butter for basting
- 1 pinch chili powder (go easy)
- 2 pinches garlic powder to taste
- 6 jalapenos whole
- 6 quail
- 1 pinch chile flakes red (go real easy)

1 cup adams steak seasoning

Equipment

bowl

toothpicks

Directions

Watch how to make this recipe.

Rub the quails with butter and apply a light coating of the seasoning to the bird. For a real Texas taste, place a jalapeno pepper in the center of the bird. Wrap a strip of bacon around the breast of the bird and secure with a toothpick. Cook over an open fire or hot coals. The more smoke, the better the bird! As the birds cook, they should be basted with butter to keep them from drying out.;

Mix the above in a small bowl.

Nutrition Facts

 PROTEIN **19.8%** FAT **73.17%** CARBS **7.03%**

Properties

Glycemic Index:22.83, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:25.616086952064%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 513.45kcal (25.67%), Fat: 42.19g (64.9%), Saturated Fat: 19.29g (120.58%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.37g (2.68%), Sugar: 0.96g (1.07%), Cholesterol: 148.74mg (49.58%), Sodium: 361.4mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.68g (51.36%), Vitamin K: 98.26µg (93.58%), Vitamin B3: 9.64mg (48.22%), Iron: 8.6mg (47.78%), Vitamin B6: 0.93mg (46.61%), Manganese: 0.84mg (42.03%), Phosphorus: 362.24mg (36.22%), Selenium: 23.74µg (33.91%), Copper: 0.67mg (33.44%), Vitamin C: 24.66mg (29.89%), Vitamin A: 1338.13IU (26.76%), Vitamin B1: 0.37mg (24.39%), Zinc: 3.32mg (22.11%), Vitamin B2: 0.34mg (20.13%), Magnesium: 56.73mg (14.18%), Calcium: 139.26mg (13.93%), Potassium: 403.88mg (11.54%), Vitamin B5: 1.04mg (10.37%), Vitamin B12: 0.62µg (10.32%), Vitamin E: 1.32mg (8.79%), Folate: 29.48µg (7.37%), Fiber: 1.75g (7.01%)