



Blackberry-Zinfandel Quail

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup garnish: blackberry jam seedless
- ☐ 2 teaspoons butter
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon cracked pepper black
- ☐ 16 ounce semiboneless quail
- ☐ 0.3 cup shallots finely chopped
- ☐ 1 cup red wine dry red fruity

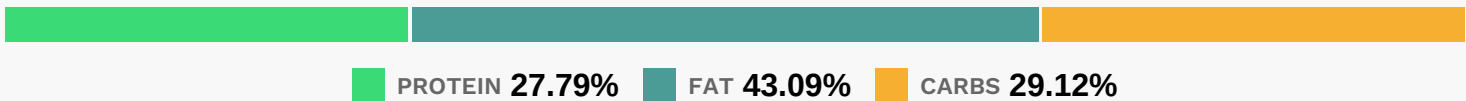
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Combine first 4 ingredients in a small saucepan. Bring to a boil, and cook until reduced to 1/4 cup (about 8 minutes). Strain mixture through a sieve over a bowl, reserving wine mixture. Discard solids.
- ☐ Add wine mixture and jam to pan; cook over medium heat 2 minutes, stirring occasionally.
- ☐ Remove from heat; stir in butter. Keep warm.
- ☐ Sprinkle the quail with 1/4 teaspoon kosher salt and ground black pepper.
- ☐ Place quail on a grill rack coated with cooking spray; grill 2 minutes on each side or until desired degree of doneness.
- ☐ Serve with wine sauce.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:11.22, Inflammation Score:-5, Nutrition Score:14.274782608385%

Nutrients (% of daily need)

Calories: 377.92kcal (18.9%), Fat: 15.74g (24.21%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 23.05g (8.38%), Sugar: 14.91g (16.57%), Cholesterol: 91.56mg (30.52%), Sodium: 232.43mg (10.11%), Alcohol: 6.55g (100%), Alcohol %: 3.79% (100%), Protein: 22.84g (45.67%), Vitamin B3: 8.59mg (42.97%), Vitamin B6: 0.74mg (36.91%), Phosphorus: 327.29mg (32.73%), Copper: 0.62mg (31.07%), Selenium: 19.61µg (28.02%), Iron: 4.86mg (26.98%), Vitamin B1: 0.29mg (19.38%), Vitamin B2: 0.32mg (18.87%), Zinc: 2.83mg (18.85%),

Vitamin C: 10.59mg (12.84%), Vitamin B5: 0.93mg (9.32%), Potassium: 321.76mg (9.19%), Vitamin B12: 0.49µg (8.2%), Magnesium: 31.02mg (7.75%), Vitamin A: 340.68IU (6.81%), Manganese: 0.12mg (6.21%), Folate: 17.35µg (4.34%), Fiber: 0.88g (3.52%), Calcium: 28.23mg (2.82%)