



Cold Roast Quail With Savory Orange Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices bacon
- ☐ 6 servings savory orange sauce
- ☐ 0.3 teaspoon pepper
- ☐ 12 quail
- ☐ 1 teaspoon salt

Equipment

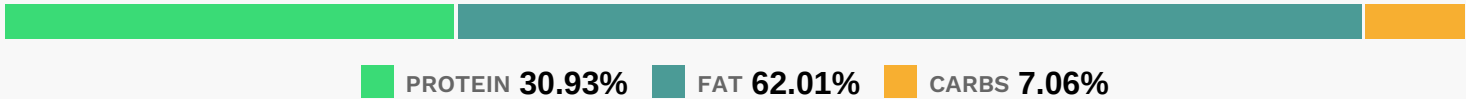
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Wrap each quail with a slice of bacon; place each on a 12-inch square of aluminum foil.
- ☐ Sprinkle evenly with salt and pepper. Bring corners of foil together; fold edges over loosely to seal.
- ☐ Place packets on baking sheets.
- ☐ Bake at 325 for 1 hour or until quail is tender. Open foil; broil quail 6 inches from heating element 4 minutes or until browned. Cover and chill thoroughly.
- ☐ Serve cold with Savory Orange Sauce.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:3.61, Inflammation Score:-7, Nutrition Score:31.872608879338%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 644.55kcal (32.23%), Fat: 43.84g (67.45%), Saturated Fat: 13.23g (82.71%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 9.06g (3.29%), Sugar: 8.42g (9.35%), Cholesterol: 194.72mg (64.91%), Sodium: 794.42mg (34.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.2g (98.4%), Vitamin B3: 18.46mg (92.29%), Vitamin C: 61.18mg (74.16%), Vitamin B6: 1.48mg (73.96%), Phosphorus: 675.59mg (67.56%), Selenium: 45.49µg (64.98%), Copper: 1.17mg (58.28%), Iron: 8.94mg (49.65%), Vitamin B1: 0.73mg (48.78%), Zinc: 5.86mg (39.07%), Vitamin B2: 0.64mg (37.56%), Vitamin B5: 2.15mg (21.53%), Potassium: 722.09mg (20.63%), Vitamin B12: 1.16µg (19.29%), Magnesium: 64.57mg (16.14%), Vitamin A: 748.98IU (14.98%), Folate: 44.45µg (11.11%), Fiber: 2.18g (8.72%), Calcium: 67.15mg (6.71%), Manganese: 0.08mg (4.02%), Vitamin E: 0.35mg (2.35%), Vitamin D: 0.18µg (1.17%)