



Fig-and-Balsamic-Glazed Quail



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 2 teaspoons dijon mustard country-style
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons cooking wine dry red
- ☐ 11.5 oz fig preserves
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 teaspoon kosher salt
- ☐ 3.5 oz semi-boneless quail

- ☐ 8 servings kitchen string

Equipment

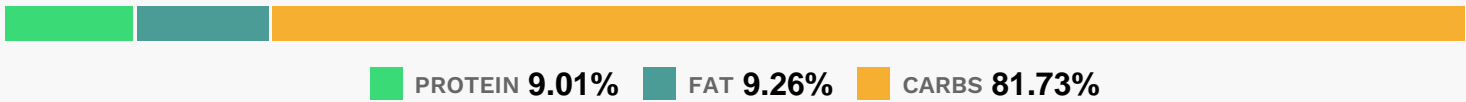
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 450.
- ☐ Bring first 5 ingredients to a boil in a small saucepan over medium-high heat; reduce heat to low, and simmer 8 to 10 minutes or until slightly thickened. Reserve half of fig mixture; cover and chill.
- ☐ Let remaining fig mixture stand at room temperature.
- ☐ Tie ends of quail legs together with string.
- ☐ Place quail on an aluminum foil-lined jelly-roll pan or in a shallow roasting pan, and sprinkle with salt.
- ☐ Bake at 450 for 10 minutes.
- ☐ Brush quail generously with room-temperature fig mixture. Reduce oven temperature to 400.
- ☐ Bake quail 30 minutes or until leg meat is no longer pink, basting with fig mixture every 10 minutes.
- ☐ Place reserved chilled fig mixture in a small saucepan; stir in red wine, and cook over low heat, stirring often, 2 minutes or until thoroughly heated.
- ☐ Serve quail with sauce.
- ☐ Note: To make ahead, prepare recipe as directed through Step 6. Cover and chill up to 8 hours.
- ☐ Let stand at room temperature 15 minutes before proceeding with Steps 4 and 5.
- ☐ TRY THIS TWIST!
- ☐ Fig-and-Balsamic Glazed Cornish Hens: Substitute 4 (1 1/4- to 1 1/2-lb.) Cornish hens for quail. Prepare Step 1 as directed; omit Step 2. Rinse hens with cold water, and pat dry.

- ☐
- Place hens, breast sides down, on a cutting board.
- ☐
- Cut hens through backbone using kitchen shears to make 2 halves. Proceed with recipe as directed in Steps 3 through 5, increasing second bake time (at 40
- ☐
- to 45 minutes.
- ☐
- Let stand 10 minutes before serving. Hands-on time: 20 min.; Total time: 1 hr., 40 min.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:16.81, Inflammation Score:-5, Nutrition Score:6.1999999543895%

Flavonoids

Petunidin: 0.62mg, Petunidin: 0.62mg, Petunidin: 0.62mg, Petunidin: 0.62mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 4.92mg, Malvidin: 4.92mg, Malvidin: 4.92mg, Malvidin: 4.92mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 176.07kcal (8.8%), Fat: 1.69g (2.6%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 31.55g (11.47%), Sugar: 22.47g (24.97%), Cholesterol: 9.43mg (3.14%), Sodium: 328.75mg (14.29%), Alcohol: 1.97g (100%), Alcohol %: 1.85% (100%), Protein: 3.7g (7.4%), Vitamin K: 23.87µg (22.74%), Vitamin C: 11.06mg (13.4%), Manganese: 0.17mg (8.36%), Vitamin A: 411.21IU (8.22%), Fiber: 2.02g (8.07%), Vitamin B6: 0.16mg (8.07%), Iron: 1.34mg (7.42%), Copper: 0.15mg (7.3%), Vitamin B2: 0.12mg (7.15%), Vitamin B3: 1.36mg (6.81%), Phosphorus: 65.44mg (6.54%), Folate: 23.73µg (5.93%), Vitamin B1: 0.08mg (5.63%), Potassium: 184.54mg (5.27%), Selenium: 3.64µg (5.19%), Magnesium: 19.77mg (4.94%), Calcium: 33.25mg (3.33%), Zinc: 0.47mg (3.14%), Vitamin B5: 0.23mg (2.33%), Vitamin E: 0.28mg (1.87%)