

Fig-Glazed Quail

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 3 cups chicken broth divided
- 2 tablespoons cornstarch
- 10 figs dried coarsely chopped
- 0.5 teaspoon ground cinnamon
- 2 tablespoons maple syrup
- 0.5 cup orange juice fresh
- 1 tablespoon orange rind grated

- 0.8 teaspoon pepper divided
- 12 quail
- 2 teaspoons salt divided
- 2 tablespoons vegetable oil
- 0.3 cup water

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- sieve
- roasting pan

Directions

- Stir together first 6 ingredients in a small saucepan.
- Add 1 cup chicken broth. Bring to a boil; cover, reduce heat, and simmer 10 minutes. Cool 5 minutes. Process mixture in a food processor 1 minute or until pureed. Set aside.
- Truss each quail with heavy string or by inserting a wooden pick through end of one leg, tip of breast, and end of other leg.
- Sprinkle quail with 1 teaspoon salt and 1/2 teaspoon pepper.
- Heat oil in a large skillet over medium-high heat until hot. Fry quail, in batches, 5 minutes on each side or until browned.
- Place quail, breast side up, on a baking sheet or roasting pan.
- Brush with 1/3 cup fig puree.
- Bake, uncovered, at 475 for 15 to 16 minutes or until golden. Arrange quail on a platter, remove string or picks, and cover to keep warm.

- Combine remaining fig puree, 2 cups broth, 1 teaspoon salt and 1/4 teaspoon pepper in a saucepan. Bring to a boil; reduce heat and simmer, uncovered, 1 minute.
- Pour mixture through a wire-mesh strainer into a bowl, discarding solids. Return sauce to saucepan.
- Combine cornstarch and water, stirring until smooth. Stir into sauce; cook over medium heat until sauce thickens.
- Serve sauce with quail.
- *If you can't find quail, use 6 large skinless, boneless chicken breast halves.
- Sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper.
- Heat oil in a large skillet as directed above. Brown chicken in hot oil on both sides.
- Place chicken on a baking sheet; brush with 1/3 cup fig puree.
- Bake, uncovered, at 475 for 15 to 20 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:26.08, Glycemic Load:5.01, Inflammation Score:-6, Nutrition Score:28.833043450895%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 571.91kcal (28.6%), Fat: 34.98g (53.82%), Saturated Fat: 8.88g (55.52%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 17.07g (6.21%), Sugar: 12.63g (14.03%), Cholesterol: 168.03mg (56.01%), Sodium: 1373.6mg (59.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.23g (88.45%), Vitamin B3: 16.88mg (84.38%), Vitamin B6: 1.33mg (66.68%), Phosphorus: 618.78mg (61.88%), Copper: 1.18mg (58.93%), Selenium: 36.86µg (52.66%), Iron: 9.12mg (50.68%), Vitamin B2: 0.74mg (43.59%), Vitamin B1: 0.59mg (39.53%), Zinc: 5.52mg (36.77%), Vitamin C: 25.17mg (30.51%), Manganese: 0.38mg (19.21%), Potassium: 647.39mg (18.5%), Vitamin B5: 1.8mg (18.04%), Magnesium: 65.14mg (16.29%), Vitamin B12: 0.97µg (16.09%), Vitamin A: 747.74IU (14.95%), Vitamin K: 10.9µg (10.38%), Calcium: 70.8mg (7.08%), Fiber: 1.63g (6.52%), Folate: 25.24µg (6.31%), Vitamin E: 0.63mg (4.18%)