




 **64%**
HEALTH SCORE

Grilled Charmoula Quail


 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN




120 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 1 tablespoon coriander seeds
- 8 quail
- 1 stick cinnamon (3-inch)
- 1 tablespoon garlic finely chopped
- 3 cloves whole
- 2 cups cilantro leaves fresh coarsely chopped
- 1 teaspoon salt
- 0.3 cup olive oil extra virgin extra-virgin

- 0.3 teaspoon peppercorns whole black
- 0.5 teaspoon ground pepper
- 2 tablespoons paprika hot (not)
- 1 tablespoon cumin seeds
- 4 servings lemon wedges
- 2 teaspoons ground ginger
- 8 frangelico

Equipment

- bowl
- whisk
- grill
- ziploc bags
- skewers
- grill pan

Directions

- Break cinnamon stick in half, then finely grind cinnamon, cumin, coriander, peppercorns, and cloves together in grinder.
- Transfer spice mixture to a large bowl and whisk in paprika, cayenne, ginger, salt, cilantro, garlic, and oil.
- Add quail, turning to coat, then transfer to a large sealable plastic bag and marinate, chilled, 2 hours.
- Thirty minutes before cooking, prepare grill for cooking over indirect heat with medium-hot charcoal (moderate heat for gas); see "Grilling Procedure," below.
- Arrange 2 quail on a work surface side by side, breast sides up, with drumsticks closest to you. Horizontally thread 1 skewer through drumsticks and the lower carcasses of birds. Thread a second skewer, parallel to first, through wings and upper carcasses, then arrange quail so that there is 1 inch of space between the birds. Repeat procedure on remaining quail, 2 at a time.

- Lightly season quail with salt, then grill on lightly oiled grill rack, covered only if using a gas grill, turning over once, 5 to 6 minutes total.
- Serve quail with lemon wedges.
- If you can't grill outdoors, quail can be cooked in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan over moderate heat.
- Grilling Procedure. Direct-
- Hot: when you can hold your hand there for 1 to 2 seconds
- Medium-hot: 3 to 4 seconds
- Low: 5 to 6 seconds
- If using a gas grill, preheat burners on high, covered, 10 minutes, then, if necessary, reduce to heat specified in recipe.
- Indirect-
- Heat Grilling Instructions: If using a charcoal grill, open vents on bottom and lid of grill. Light a large chimney starter full of charcoal (preferably hardwood). When coals are lit, dump them out across bottom rack, leaving free of coals a space slightly larger than the size of the item to be grilled, and banking coals across the remaining space so that coals are about 3 times higher against side of grill (you may have to add additional unlit charcoal). See Direct-
- Heat Grilling Instructions, above, to determine heat. If using a gas grill, preheat all burners on high, covered, 10 minutes, then adjust heat according to recipe. Just before grilling, turn off 1 burner (middle burner if there are 3).

Nutrition Facts

PROTEIN 31.03%

FAT 64.67%

CARBS 4.3%

Properties

Glycemic Index:44.13, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:34.241739065751%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 569.64kcal (28.48%), Fat: 40.96g (63.01%), Saturated Fat: 9.39g (58.7%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 3.14g (1.14%), Sugar: 0.59g (0.66%), Cholesterol: 165.68mg (55.23%), Sodium: 707.46mg (30.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.21g (88.42%), Vitamin B3: 17.12mg (85.6%), Vitamin B6: 1.44mg (72.1%), Phosphorus: 633.71mg (63.37%), Iron: 11.19mg (62.17%), Copper: 1.19mg (59.66%), Vitamin A: 2921.57IU (58.43%), Selenium: 37.81µg (54.01%), Manganese: 0.86mg (42.81%), Zinc: 5.69mg (37.92%), Vitamin B1: 0.57mg (37.84%), Vitamin B2: 0.64mg (37.58%), Vitamin K: 37µg (35.24%), Vitamin E: 3.33mg (22.18%), Vitamin C: 17.25mg (20.91%), Potassium: 671.86mg (19.2%), Vitamin B5: 1.84mg (18.43%), Magnesium: 72.56mg (18.14%), Vitamin B12: 0.94µg (15.62%), Fiber: 2.99g (11.96%), Calcium: 81.36mg (8.14%), Folate: 24.97µg (6.24%)