



Grilled Quail with Pomegranate-Orange BBQ Sauce and Tabouli with Quinoa and Shredded Kale

 **Gluten Free**  **Dairy Free**

READY IN



155 min.

SERVINGS



6

CALORIES



641 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil
- 6 servings canola oil for brushing
- 2 cinnamon sticks
- 1 tablespoon dijon mustard
- 0.5 cucumber english cut into small dice
- 0.5 cup mint leaves fresh finely chopped

- 1 cup grape tomatoes halved ()
- 0.3 teaspoon coarsely ground pepper black
- 0.5 juice of lemon
- 0.3 juice of orange
- 1 small bunch dinosaur kale shredded finely
- 0.5 cup catsup
- 6 servings kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 3 tablespoons brown sugar light
- 0.5 cup olive oil extra-virgin
- 1 small onion diced spanish
- 0.3 cup orange juice freshly squeezed
- 1 orange zest finely grated
- 1 cup pomegranate juice
- 0.3 cup pomegranate molasses
- 12 quail
- 1 cup quinoa rinsed well
- 0.5 small onion red thinly sliced
- 0.3 cup red wine vinegar

Equipment

- bowl
- sauce pan
- whisk
- grill

Directions

- Place the quinoa in a medium saucepan, cover with 1 3/4 cups cold water and season with salt and pepper. Bring to a boil, cover, lower the heat and cook until the water is absorbed and

the quinoa is tender, 18 to 20 minutes.

- Remove the lid, fluff with a fork and let cool slightly.
- Put the quinoa in a large bowl; add the tomatoes, mint, kale, cucumbers and onions and mix to combine.
- Whisk together the olive oil and lemon and orange zests and juices, and season with salt and pepper.
- Add the dressing to the salad and toss to combine. Cover and refrigerate for at least 1 hour before serving. The longer the salad sits the better the flavors become.
- Heat the oil in a medium saucepan over medium heat; add the onions and cook until soft.
- Add the pomegranate juice, orange juice, pomegranate molasses, vinegar, sugar, cinnamon sticks and orange zest and cook until reduced by half.
- Add the ketchup and cook for 15 minutes.
- Remove from the heat, whisk in the mustard, salt and pepper and let cool slightly.
- Remove the cinnamon sticks before using.
- Remove about 1 cup of the sauce for serving.
- Heat the grill to medium high for direct grilling.
- Brush the quail with canola oil and sprinkle with salt and pepper. Put breast-side down on the grill and cook about 3 minutes. Flip, brush with the barbecue sauce, cover the grill and cook another 3 to 4 minutes.
- Transfer to a platter and serve with the reserved barbecue sauce and the tabouli.

Nutrition Facts



PROTEIN 14.58% **FAT 55.76%** **CARBS 29.66%**

Properties

Glycemic Index:54.83, Glycemic Load:1.43, Inflammation Score:-10, Nutrition Score:27.528695754383%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg, Hesperetin: 2.28mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg,

Naringenin: 0.48mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 6.16mg, Isorhamnetin: 6.16mg, Isorhamnetin: 6.16mg, Isorhamnetin: 6.16mg Kaempferol: 10.33mg, Kaempferol: 10.33mg, Kaempferol: 10.33mg, Kaempferol: 10.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 9.95mg, Quercetin: 9.95mg, Quercetin: 9.95mg

Nutrients (% of daily need)

Calories: 641.35kcal (32.07%), Fat: 40.07g (61.65%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 47.97g (15.99%), Net Carbohydrates: 42.9g (15.6%), Sugar: 22.08g (24.53%), Cholesterol: 74.01mg (24.67%), Sodium: 496.15mg (21.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.17%), Vitamin K: 111.75µg (106.43%), Manganese: 1.16mg (58.15%), Vitamin A: 2845.63IU (56.91%), Vitamin C: 38.82mg (47.05%), Vitamin E: 5.55mg (37.03%), Vitamin B3: 7.14mg (35.68%), Vitamin B6: 0.63mg (31.53%), Phosphorus: 306.36mg (30.64%), Selenium: 18.95µg (27.07%), Magnesium: 102mg (25.5%), Folate: 100.17µg (25.04%), Potassium: 732.87mg (20.94%), Fiber: 5.07g (20.28%), Vitamin B2: 0.33mg (19.2%), Iron: 3.34mg (18.58%), Zinc: 2.54mg (16.93%), Copper: 0.31mg (15.46%), Vitamin B1: 0.23mg (15.29%), Calcium: 132.43mg (13.24%), Vitamin B5: 1.29mg (12.87%), Vitamin B12: 0.31µg (5.13%)