



Grilled Quail with Red Wine-Blackberry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



729 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cooking wine dry red
- ☐ 9.5 ounce blackberry spread seedless
- ☐ 8 ounce dressing italian
- ☐ 28 ounce quail with breasts deboned

Equipment

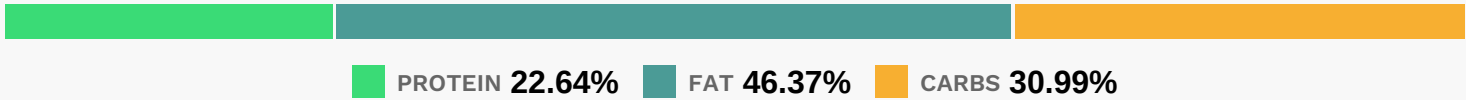
- ☐ sauce pan
- ☐ whisk
- ☐ grill

☐ ziploc bags

Directions

- ☐ Rinse quail, and pat dry.
- ☐ Place in a large shallow dish or heavy-duty zip-top plastic bag; add Italian dressing. Cover or seal, and chill 8 hours.
- ☐ Remove quail, discarding marinade.
- ☐ Cook wine in a small saucepan over medium heat 5 minutes or until reduced by half.
- ☐ Whisk in blackberry spread until smooth. Reserve 3/4 cup.
- ☐ Grill quail over medium heat (300 to 35
- ☐ minutes, turning once and basting with remaining blackberry sauce.
- ☐ Serve with reserved 3/4 cup sauce.
- ☐ NOTE: For testing purposes only, we used Dickinson's Purely Fruit Seedless Marion Blackberry
- ☐ Spreadable Fruit.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:25.11, Inflammation Score:-6, Nutrition Score:25.706086822178%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 729.17kcal (36.46%), Fat: 35.92g (55.27%), Saturated Fat: 8.39g (52.42%), Carbohydrates: 54.03g (18.01%), Net Carbohydrates: 53.29g (19.38%), Sugar: 38.78g (43.09%), Cholesterol: 150.82mg (50.27%), Sodium: 689.74mg (29.99%), Alcohol: 3.15g (100%), Alcohol %: 1.13% (100%), Protein: 39.46g (78.92%), Vitamin B3: 15.06mg

(75.29%), Vitamin B6: 1.24mg (62.02%), Phosphorus: 567.03mg (56.7%), Copper: 1.08mg (54.21%), Selenium: 35.42µg (50.6%), Iron: 8.36mg (46.42%), Vitamin B1: 0.51mg (33.75%), Vitamin B2: 0.57mg (33.36%), Zinc: 4.88mg (32.55%), Vitamin K: 31.75µg (30.24%), Vitamin C: 18.26mg (22.13%), Vitamin B5: 1.55mg (15.45%), Potassium: 528.12mg (15.09%), Vitamin B12: 0.85µg (14.22%), Magnesium: 51.17mg (12.79%), Vitamin A: 502.64IU (10.05%), Vitamin E: 1.32mg (8.82%), Folate: 23.28µg (5.82%), Calcium: 46.63mg (4.66%), Manganese: 0.08mg (4.11%), Fiber: 0.74g (2.96%)