



Grilled Quail with White Polenta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 1.5 teaspoons butter
- 0.5 cup half-and-half fat-free
- 1.5 teaspoons parsley fresh minced
- 0.1 teaspoon ground nutmeg
- 4 lemon wedges
- 0.8 cup milk 2% reduced-fat
- 16 ounce semiboneless quail

- 0.5 teaspoon salt divided
- 0.3 cup cornmeal white

Equipment

- sauce pan
- whisk
- grill

Directions

- Prepare grill.
- Bring milk and half-and-half to a simmer over medium-high heat in a small, heavy saucepan. Gradually add 1/4 cup cornmeal, stirring with a whisk. Reduce heat to low, and cook for 5 minutes or until polenta is thick and creamy, stirring occasionally. Stir in butter, 1/4 teaspoon salt, 1/4 teaspoon black pepper, and 1/8 teaspoon nutmeg. Keep warm.
- Place the quail, breast side down, on a cutting surface.
- Cut the quail in half lengthwise along backbone, cutting to, but not through, other side.
- Sprinkle the quail with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, and minced parsley.
- Place the quail on grill rack coated with cooking spray, and grill 6 minutes on each side or until done. Discard skin.
- Serve the quail with polenta and lemon wedges.
- Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:52.38, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:17.488695771798%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 316.44kcal (15.82%), Fat: 17.06g (26.25%), Saturated Fat: 5.71g (35.7%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 12.7g (4.62%), Sugar: 4.33g (4.81%), Cholesterol: 95.23mg (31.74%), Sodium: 413.98mg (18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.82g (51.65%), Vitamin B3: 8.93mg (44.63%), Phosphorus: 428.8mg (42.88%), Vitamin B6: 0.79mg (39.44%), Copper: 0.62mg (30.75%), Selenium: 20.89µg (29.84%), Iron: 5.03mg (27.93%), Vitamin B2: 0.47mg (27.35%), Zinc: 3.54mg (23.57%), Vitamin B1: 0.35mg (23.27%), Vitamin C: 16.8mg (20.37%), Vitamin B12: 0.88µg (14.65%), Vitamin B5: 1.46mg (14.56%), Potassium: 440.78mg (12.59%), Magnesium: 50.14mg (12.53%), Calcium: 103.84mg (10.38%), Vitamin A: 388.78IU (7.78%), Manganese: 0.13mg (6.62%), Fiber: 1.62g (6.46%), Folate: 17.83µg (4.46%), Vitamin K: 1.34µg (1.28%)