



Grilled Texas Quail

READY IN



510 min.

SERVINGS



10

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 sprigs cilantro leaves fresh
- ☐ 2 sprigs rosemary fresh
- ☐ 5 sprigs thyme leaves fresh
- ☐ 2 cloves garlic minced
- ☐ 2 ounces olive oil extra-virgin
- ☐ 2 sprigs oregano fresh
- ☐ 10 semi-boneless texas quail recommended: Diamond H Ranch brand
- ☐ 2 tablespoons creole seasoning blend

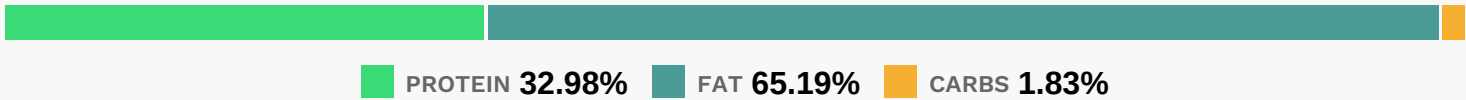
Equipment

☐ grill

Directions

- ☐ Marinate the quail in olive oil, garlic and fresh herbs in the refrigerator overnight.
- ☐ Remove from the refrigerator and sprinkle Creole seasoning blend on both sides. Grill on high heat over mesquite wood until done (about 4 to 5 minutes per side).

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:0.18, Inflammation Score:-8, Nutrition Score:14.230869479801%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 265.27kcal (13.26%), Fat: 19.01g (29.25%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 1.2g (0.4%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.13g (0.15%), Cholesterol: 82.84mg (27.61%), Sodium: 58.84mg (2.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.64g (43.28%), Vitamin B3: 8.35mg (41.73%), Vitamin B6: 0.69mg (34.66%), Phosphorus: 305.16mg (30.52%), Copper: 0.57mg (28.28%), Selenium: 18.29µg (26.13%), Iron: 4.7mg (26.1%), Vitamin B1: 0.27mg (18.13%), Zinc: 2.69mg (17.96%), Vitamin B2: 0.3mg (17.6%), Vitamin A: 772.15IU (15.44%), Vitamin C: 8.65mg (10.49%), Vitamin K: 9.47µg (9.02%), Vitamin B5: 0.86mg (8.56%), Vitamin E: 1.21mg (8.07%), Vitamin B12: 0.47µg (7.81%), Potassium: 270.89mg (7.74%), Magnesium: 28.87mg (7.22%), Manganese: 0.08mg (4.16%), Folate: 11.54µg (2.89%), Calcium: 25.86mg (2.59%), Fiber: 0.55g (2.21%)