



Honey-glazed quail with Waldorf salad



Vegetarian



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 100 ml balsamic vinegar
- ☐ 1 tbsp red wine vinegar
- ☐ 3 tbsp clear honey
- ☐ 2 thyme sprigs fresh
- ☐ 2 heads baby gem lettuce separated
- ☐ 1 apples finely sliced
- ☐ 2 tbsp walnuts toasted chopped
- ☐ 2 celery stalks diced finely

- ☐ 1 tbsp freshly chives chopped for serving
- ☐ 1 tbsp mayonnaise
- ☐ 6 quails
- ☐ 6 quails

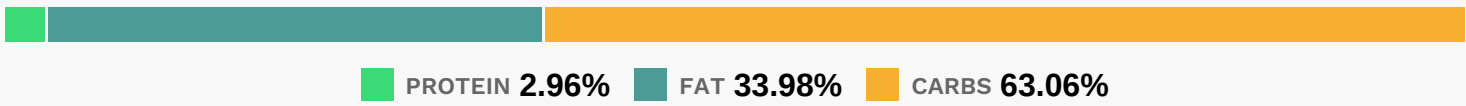
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Put the vinegars, honey and thyme sprigs into a bowl; mix well. Tip half the mixture into a large bowl.
- ☐ Add the quails, turn to coat, then cover and leave to marinate for at least 1 hr.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat a griddle over a medium heat, then cook the quails in batches for about 5 mins on each side until nicely charred. Once ready, place them in a roasting tin, then roast for 5 mins. Leave to rest for 5 mins, then brush over the remaining marinade.
- ☐ For the salad, arrange the lettuce in 6 Martini glasses (or small bowls).
- ☐ Put the remaining salad ingredients into a bowl and mix well. Divide among the glasses and sprinkle over the extra chives. To serve, divide the quails among 6 plates and serve each with a salad.

Nutrition Facts



Properties

Glycemic Index:54.38, Glycemic Load:7.23, Inflammation Score:-4, Nutrition Score:2.0369565196173%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 102.14kcal (5.11%), Fat: 3.96g (6.09%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 15.47g (5.63%), Sugar: 14.59g (16.21%), Cholesterol: 0.97mg (0.32%), Sodium: 20.93mg (0.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.55%), Manganese: 0.17mg (8.37%), Vitamin K: 6.38µg (6.08%), Fiber: 1.06g (4.23%), Copper: 0.07mg (3.68%), Vitamin C: 2.4mg (2.91%), Magnesium: 10.2mg (2.55%), Potassium: 81.79mg (2.34%), Iron: 0.39mg (2.19%), Phosphorus: 20.44mg (2.04%), Vitamin B6: 0.04mg (1.81%), Vitamin A: 86.81IU (1.74%), Folate: 5.78µg (1.45%), Calcium: 13.36mg (1.34%), Vitamin B2: 0.02mg (1.21%), Vitamin B1: 0.02mg (1.19%), Zinc: 0.17mg (1.12%), Vitamin E: 0.16mg (1.06%)