



## Honey-Thyme Squab



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



54 kcal

SIDE DISH

### Ingredients

- ☐ 6 tablespoons balsamic vinegar
- ☐ 2 teaspoons thyme leaves dried fresh
- ☐ 2 tablespoons honey
- ☐ 4 servings salt
- ☐ 4 squab (1 lb. each)
- ☐ 4 squab (1 lb. each)

### Equipment

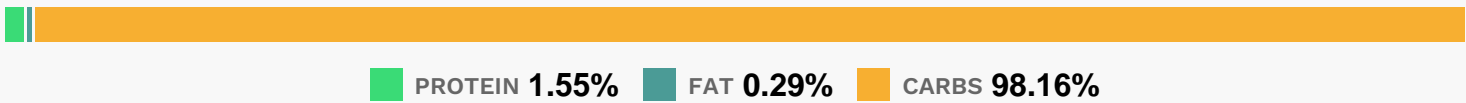
- ☐ bowl

- ☐ frying pan
- ☐ grill
- ☐ kitchen scissors
- ☐ poultry shears

## Directions

- ☐ With poultry shears or kitchen scissors, cut each squab in half through center of breast and back. Pull off and discard fat lumps.
- ☐ Cut off necks and reserve with giblets for other uses. Rinse birds and pat dry.
- ☐ In a bowl, mix vinegar, honey, and thyme.
- ☐ Add squab and mix to coat with seasonings.
- ☐ Let stand at least 20 minutes or chill, covered, up to 1 day, turning pieces over several times.
- ☐ Prepare barbecue for indirect heat.
- ☐ If using charcoal, mound and ignite 60 briquets on the firegrate of a barbecue with a lid (20 to 22 in. wide). When briquets are dotted with gray ash, in about 15 minutes, push equal portions to opposite sides of the firegrate.
- ☐ Place a drip pan between coals. Set the grill in place.
- ☐ If using a gas barbecue, cover and turn heat to high for about 10 minutes. Adjust burners for indirect cooking (no heat down center) and keep on high. Set a drip pan beneath grill between ignited burners. Set grill in place.
- ☐ Lift squab from marinade and lay, bones down, in center of grill, not directly over the heat. Cover barbecue and open the vents.
- ☐ Cook until birds are richly browned, basting squab frequently with marinade, using it all. For rare, breasts are moist and red in center (cut to test); allow about 25 minutes. For medium, cook 6 to 10 minutes longer. Season to taste with salt.

## Nutrition Facts



## Properties

Glycemic Index:36.82, Glycemic Load:6.6, Inflammation Score:-7, Nutrition Score:0.66260870343641%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

## Nutrients (% of daily need)

Calories: 54.05kcal (2.7%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.03%), Carbohydrates: 12.98g (4.33%), Net Carbohydrates: 12.82g (4.66%), Sugar: 12.21g (13.56%), Cholesterol: 0mg (0%), Sodium: 199.82mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.2g (0.41%), Manganese: 0.06mg (2.88%), Iron: 0.39mg (2.18%), Vitamin C: 1.65mg (2%), Magnesium: 4.7mg (1.17%), Calcium: 11.28mg (1.13%), Potassium: 38.47mg (1.1%)