

Jalapeno Quail Appetizers

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



767 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 bacon
- 16 ounces salad dressing italian
- 2 large jalapeno halved lengthwise seeded
- 1 pound quail boneless

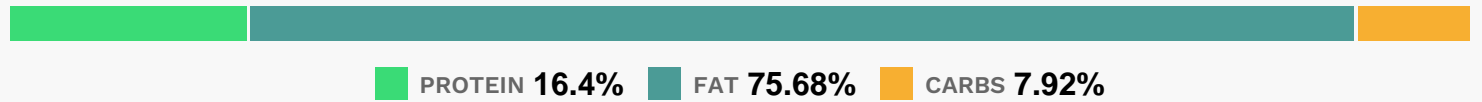
Equipment

- toothpicks
- grill
- ziploc bags

Directions

- Cut each jalapeno half into three long strips.
- Place a strip widthwise in the center of each quail breast; roll up from a short side. Wrap each with a bacon strip and secure with toothpicks.
- Place in a large resealable plastic bag.
- Add salad dressing; seal bag and turn to coat. Refrigerate for 8 hours or overnight.
- Drain and discard marinade. Grill appetizers, covered, over indirect medium heat for 16–20 minutes or until quail juices run clear and bacon is crisp, turning occasionally.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:21.96913049532%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 767.13kcal (38.36%), Fat: 63.81g (98.17%), Saturated Fat: 15.96g (99.75%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 14.82g (5.39%), Sugar: 12.54g (13.93%), Cholesterol: 129.74mg (43.25%), Sodium: 1623.27mg (70.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.24%), Vitamin K: 64.8µg (61.71%), Vitamin B3: 11.44mg (57.2%), Selenium: 34.39µg (49.12%), Vitamin B6: 0.96mg (47.89%), Phosphorus: 425.71mg (42.57%), Vitamin B1: 0.48mg (32.29%), Copper: 0.63mg (31.37%), Iron: 5.08mg (28.25%), Zinc: 3.61mg (24.08%), Vitamin B2: 0.35mg (20.78%), Vitamin E: 3.02mg (20.12%), Vitamin C: 15.67mg (19%), Potassium: 488.23mg (13.95%), Vitamin B12: 0.82µg (13.63%), Vitamin B5: 1.26mg (12.64%), Magnesium: 40.72mg (10.18%), Vitamin A: 416.26IU (8.33%), Manganese: 0.07mg (3.54%), Calcium: 33.62mg (3.36%), Folate: 10.96µg (2.74%), Vitamin D: 0.26µg (1.76%)