



HEALTH SCORE

55%

Maple-Glazed Quail With White Bean Ragout



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



789 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup breadcrumbs dry fine
- ☐ 4 mushrooms fresh sliced
- ☐ 2 servings maple brown sauce
- ☐ 2 servings bean ragout white
- ☐ 2 medium onions diced
- ☐ 0.3 teaspoon pepper

- ☐ 16 ounce dressed quail
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vinegar white

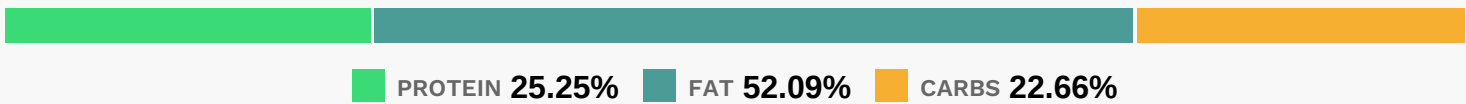
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Remove breast and back bones from quail; set quail aside.
- ☐ Saut onion in a nonstick skillet over low heat 10 minutes or until browned; add sugar and mushrooms, and saut until tender. Stir in vinegar and next 4 ingredients. Spoon into quail cavities, and secure with wooden picks. Tuck wings under, and place, breast side up, in a buttered 2-quart baking dish.
- ☐ Brush with melted butter.
- ☐ Bake at 350 for 20 minutes or until done.
- ☐ Serve over a bed of White Bean Ragout; drizzle evenly with Maple Brown Sauce.

Nutrition Facts



Properties

Glycemic Index:131.3, Glycemic Load:11.7, Inflammation Score:-9, Nutrition Score:36.693043470383%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 789.24kcal (39.46%), Fat: 45.47g (69.96%), Saturated Fat: 11.46g (71.64%), Carbohydrates: 44.5g (14.83%), Net Carbohydrates: 41.27g (15.01%), Sugar: 24.57g (27.3%), Cholesterol: 172.37mg (57.46%), Sodium: 749.15mg (32.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.6g (99.21%), Vitamin B3: 19.89mg (99.47%), Vitamin B6: 1.56mg (77.99%), Phosphorus: 725.45mg (72.54%), Copper: 1.37mg (68.58%), Selenium: 46.53µg (66.47%), Vitamin B2: 1.12mg (65.7%), Iron: 10.52mg (58.43%), Vitamin B1: 0.83mg (55.12%), Manganese: 0.87mg (43.69%), Zinc: 6.3mg (41.99%), Vitamin C: 23.12mg (28.03%), Vitamin A: 1310.81IU (26.22%), Vitamin B5: 2.61mg (26.07%), Potassium: 872.85mg (24.94%), Magnesium: 80.19mg (20.05%), Vitamin B12: 1.08µg (17.92%), Folate: 65.82µg (16.45%), Fiber: 3.24g (12.95%), Calcium: 121mg (12.1%), Vitamin E: 0.71mg (4.72%), Vitamin K: 4.18µg (3.98%)