



## Nannie's Smothered Quail

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



618 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon cajun spice
- ☐ 0.7 cup flour all-purpose
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 teaspoon ground pepper black
- ☐ 6 dressed quail
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup vegetable oil
- ☐ 2 cups water

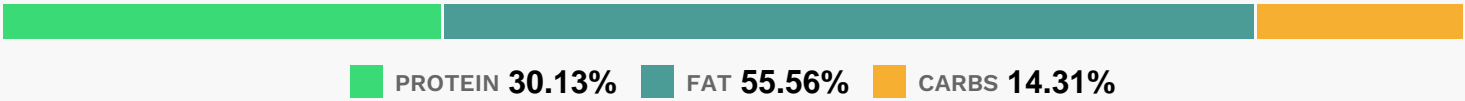
# Equipment

☐ frying pan

# Directions

- ☐ Split quail lengthwise to, but not through, breast bone; spread quail open, and pat dry.
- ☐ Combine flour and next 4 ingredients; dredge quail in flour mixture, reserving flour mixture.
- ☐ Pour oil into a 12" cast-iron skillet. Fry quail in 2 batches in hot oil over medium heat 3 to 4 minutes or until browned.
- ☐ Remove quail, and set aside. Reserve 1/4 cup drippings in skillet.
- ☐ Add reserved flour mixture to drippings. Cook, stirring constantly, 4 minutes or until flour is browned. Slowly add water, stirring constantly. Return quail to skillet; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until quail is tender and gravy is thickened.
- ☐ Serve quail with gravy over wild rice blend, dirty rice, or mashed potatoes.

# Nutrition Facts



# Properties

Glycemic Index:51.33, Glycemic Load:15.41, Inflammation Score:-7, Nutrition Score:30.043043613434%

# Nutrients (% of daily need)

Calories: 618.49kcal (30.92%), Fat: 37.51g (57.72%), Saturated Fat: 9.09g (56.82%), Carbohydrates: 21.74g (7.25%), Net Carbohydrates: 20.73g (7.54%), Sugar: 0.12g (0.13%), Cholesterol: 165.68mg (55.23%), Sodium: 705.7mg (30.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.77g (91.54%), Vitamin B3: 18.12mg (90.6%), Vitamin B6: 1.33mg (66.54%), Selenium: 45.66µg (65.23%), Phosphorus: 631.58mg (63.16%), Copper: 1.18mg (59.01%), Iron: 10.08mg (55.98%), Vitamin B1: 0.75mg (50.13%), Vitamin B2: 0.71mg (41.75%), Zinc: 5.51mg (36.73%), Vitamin K: 21.28µg (20.27%), Vitamin B5: 1.82mg (18.2%), Folate: 68.61µg (17.15%), Vitamin C: 13.36mg (16.2%), Vitamin B12: 0.94µg (15.62%), Manganese: 0.3mg (15.15%), Magnesium: 59.42mg (14.85%), Potassium: 516.65mg (14.76%), Vitamin A: 731.33IU (14.63%), Vitamin E: 1.04mg (6.9%), Calcium: 40.7mg (4.07%), Fiber: 1.02g (4.06%)