



## Pomegranate-Cinnamon Grilled Quail

 **Gluten Free**  **Dairy Free**

READY IN



17 min.

SERVINGS



4

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings canola oil for drizzling
- 1 teaspoon ground cinnamon
- 2 tablespoons orange juice fresh
- 0.5 cup pomegranate molasses
- 8 quail
- 4 servings salt and pepper black freshly ground

### Equipment

- bowl

grill

## Directions

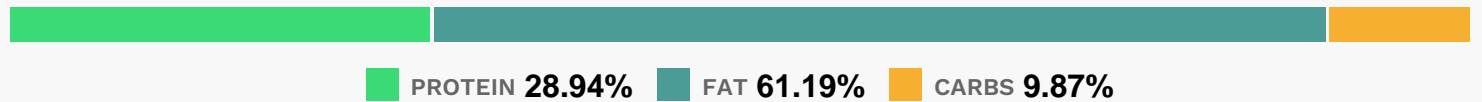
Heat grill to medium.

Combine pomegranate molasses, orange juice, and cinnamon in a small bowl.

Drizzle quail with canola oil and season with salt and pepper. Grill, breast-side down, over medium heat, for about 7 minutes total or until golden brown and slightly charred. When quail is 3/4 cooked brush with glaze, turn over, brush the other side with glaze, and continue grilling until just cooked through.

Remove from the grill and serve 2 quail per person.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:0.47, Inflammation Score:-5, Nutrition Score:26.245217665382%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 606.63kcal (30.33%), Fat: 40.3g (61.99%), Saturated Fat: 8.4g (52.52%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 14.32g (5.21%), Sugar: 11.05g (12.28%), Cholesterol: 165.68mg (55.23%), Sodium: 115.69mg (5.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.88g (85.77%), Vitamin B3: 16.47mg (82.37%), Vitamin B6: 1.31mg (65.62%), Phosphorus: 601.42mg (60.14%), Copper: 1.11mg (55.6%), Selenium: 36.22µg (51.74%), Iron: 8.72mg (48.46%), Vitamin B1: 0.54mg (35.99%), Zinc: 5.29mg (35.27%), Vitamin B2: 0.57mg (33.51%), Vitamin C: 17.57mg (21.29%), Vitamin B5: 1.7mg (17.02%), Vitamin E: 2.47mg (16.44%), Vitamin B12: 0.94µg (15.62%), Potassium: 491.36mg (14.04%), Magnesium: 51.55mg (12.89%), Vitamin A: 548.76IU (10.98%), Vitamin K: 10.31µg (9.82%), Manganese: 0.14mg (7.13%), Folate: 20.04µg (5.01%), Calcium: 34.73mg (3.47%), Fiber: 0.31g (1.23%)