



Quail in Cranberry Sauce

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



834 kcal

SAUCE

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons cider vinegar
- ☐ 2 cups cranberries fresh
- ☐ 1 tablespoon flour or all-purpose
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 78 oz quail
- ☐ 6 servings salt and pepper
- ☐ 2 cups watercress sprigs rinsed

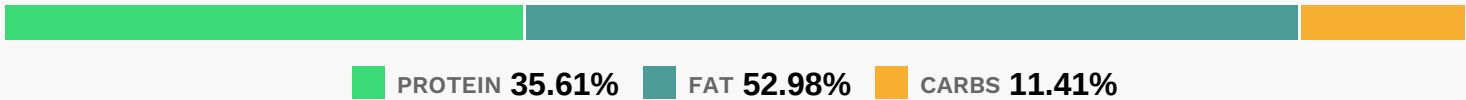
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Remove giblets and trim necks from quail; save for another use. Rinse birds, pat dry, and lightly sprinkle with salt and pepper.
- ☐ In a deep 11- to 12-inch frying pan over medium-high heat, melt 2 tablespoons butter.
- ☐ Add as many birds as will fit in pan and brown on all sides, 12 to 15 minutes. Lift out as browned, put in a bowl, and add remaining birds and more butter, if needed, to pan. When all the birds are out of pan, discard fat.
- ☐ To pan, add cranberries, 1 cup water, brown sugar, vinegar, cinnamon, allspice, and cloves. Stir over high heat until simmering. Return birds and accumulated juices to pan.
- ☐ Cover and simmer over low heat, turning birds over after 10 minutes, until thighs are tender when pierced, 20 to 30 minutes total. With a slotted spoon, transfer birds to a warm platter.
- ☐ Smoothly blend flour with 2 tablespoons water, then mix into pan. Stir over high heat until sauce comes to a rolling boil. Season with salt and pepper to taste, pour over birds, and garnish platter with watercress.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:43.058260731075%

Flavonoids

Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg, Kaempferol: 2.65mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg, Quercetin: 8.35mg

Nutrients (% of daily need)

Calories: 833.64kcal (41.68%), Fat: 48.24g (74.22%), Saturated Fat: 13.25g (82.79%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 21.96g (7.99%), Sugar: 19.26g (21.4%), Cholesterol: 280.09mg (93.36%), Sodium: 444.01mg (19.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.96g (145.93%), Vitamin B3: 27.94mg (139.68%), Vitamin B6: 2.25mg (112.69%), Phosphorus: 1027.72mg (102.77%), Copper: 1.91mg (95.39%), Selenium: 61.97µg (88.53%), Iron: 14.95mg (83.07%), Vitamin B1: 0.92mg (61.59%), Zinc: 8.98mg (59.88%), Vitamin B2: 0.99mg (58.03%), Vitamin C: 32.05mg (38.85%), Vitamin B5: 3.01mg (30.13%), Vitamin A: 1444.92IU (28.9%), Vitamin K: 30.11µg (28.68%), Vitamin B12: 1.59µg (26.49%), Potassium: 893.07mg (25.52%), Magnesium: 91.73mg (22.93%), Manganese: 0.31mg (15.31%), Calcium: 83.66mg (8.37%), Folate: 33.39µg (8.35%), Fiber: 1.4g (5.61%), Vitamin E: 0.71mg (4.71%)