



 **52%**  
HEALTH SCORE

## Quail Skewers with Sage Polenta and Asiago: Spiedini di Quaglie con Polenta e Asiago

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**794 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup asiago cheese freshly grated
- 0.3 cup balsamic vinegar
- 1 tablespoon pepper black
- 2 tablespoons honey
- 0.3 cup olive oil extra virgin extra-virgin
- 1 cup cornmeal
- 8 quail

- 10 sage finely chopped
- 4 pieces slab bacon cut into 1-inch cubes
- 4 cups water
- 4 frangelico
- 4 frangelico

## Equipment

- sauce pan
- mixing bowl
- wooden spoon
- grill
- skewers
- cutting board

## Directions

- Check the quail for bones or feathers and place in mixing bowl.
- Add the pancetta, vinegar, olive oil, honey, and black pepper and toss to coat. Set aside and preheat the grill.
- In a 3-quart saucepan, water and sage and bring to a boil.
- Thread one quail, followed by one piece of pancetta, followed by one quail on each of four skewers and place on hottest part of grill. Cook 4 to 5 minutes on each side, until just pink at the leg bones.
- Meanwhile, pour the polenta slowly in a thin stream into boiling water, until all is incorporated and polenta thickens, about 1 to 2 minutes. Switch to a wooden spoon, add the cheese, and cook another minute, until as thick as paste.
- Remove from heat and pour on to a service-ready cutting board. Pile skewers on top of polenta and serve.

## Nutrition Facts



## Properties

Glycemic Index:57.44, Glycemic Load:23.45, Inflammation Score:-7, Nutrition Score:33.790869316329%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 793.57kcal (39.68%), Fat: 45.79g (70.44%), Saturated Fat: 11.85g (74.09%), Carbohydrates: 41.74g (13.91%), Net Carbohydrates: 37.59g (13.67%), Sugar: 11.73g (13.04%), Cholesterol: 174.84mg (58.28%), Sodium: 340.49mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.57g (103.15%), Vitamin B3: 17.52mg (87.59%), Copper: 1.58mg (78.96%), Phosphorus: 782.98mg (78.3%), Vitamin B6: 1.56mg (78.17%), Selenium: 41.74µg (59.63%), Iron: 10.34mg (57.45%), Zinc: 6.94mg (46.28%), Vitamin B1: 0.66mg (44.05%), Vitamin B2: 0.65mg (38.41%), Manganese: 0.53mg (26.47%), Magnesium: 105.52mg (26.38%), Vitamin B5: 2.01mg (20.1%), Calcium: 198.25mg (19.83%), Potassium: 656.17mg (18.75%), Vitamin B12: 1.09µg (18.21%), Fiber: 4.14g (16.58%), Vitamin C: 13.35mg (16.18%), Vitamin E: 2.14mg (14.26%), Vitamin A: 635.94IU (12.72%), Vitamin K: 10.87µg (10.36%), Folate: 32.29µg (8.07%)