



## Quail Smothered in Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup flour all-purpose
- 0.8 teaspoon pepper
- 6 quail
- 0.8 teaspoon salt
- 0.5 cup vegetable oil
- 2 cups water

### Equipment

- frying pan

- paper towels
- whisk

## Directions

- Combine first 3 ingredients; dredge quail in mixture, reserving remaining mixture.
- Brown quail in hot oil in a heavy skillet over medium-high heat; drain quail on paper towels, reserving 2 tablespoons drippings in pan.
- Whisk reserved flour mixture into reserved drippings; cook over medium heat 3 minutes or until dark brown.
- Whisk in 2 cups water until smooth.
- Add quail; reduce heat, and simmer, stirring occasionally, 20 minutes or until quail is done.
- Serve with potatoes.
- Chicken Smothered in Gravy: Substitute 8 chicken legs or thighs.

## Nutrition Facts



 PROTEIN **32.8%**  FAT **55.37%**  CARBS **11.83%**

## Properties

Glycemic Index:35.67, Glycemic Load:11.56, Inflammation Score:−6, Nutrition Score:28.350869334262%

## Nutrients (% of daily need)

Calories: 559.89kcal (27.99%), Fat: 33.76g (51.93%), Saturated Fat: 8.52g (53.22%), Carbohydrates: 16.22g (5.41%), Net Carbohydrates: 15.53g (5.65%), Sugar: 0.06g (0.07%), Cholesterol: 165.68mg (55.23%), Sodium: 705.31mg (30.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45g (89.99%), Vitamin B3: 17.67mg (88.34%), Vitamin B6: 1.32mg (65.93%), Phosphorus: 622.79mg (62.28%), Selenium: 43.28µg (61.82%), Copper: 1.17mg (58.38%), Iron: 9.68mg (53.76%), Vitamin B1: 0.7mg (46.4%), Vitamin B2: 0.67mg (39.45%), Zinc: 5.44mg (36.3%), Vitamin B5: 1.78mg (17.81%), Vitamin C: 13.3mg (16.12%), Vitamin B12: 0.94µg (15.62%), Magnesium: 57.17mg (14.29%), Potassium: 499.94mg (14.28%), Folate: 55.65µg (13.91%), Vitamin K: 14.24µg (13.57%), Manganese: 0.25mg (12.44%), Vitamin A: 532.47IU (10.65%), Vitamin E: 0.61mg (4.08%), Calcium: 38.77mg (3.88%), Fiber: 0.69g (2.76%)