



## Quail Spiedini with Sage Polenta and Asiago

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**804 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup asiago freshly grated
- 2 ounces balsamic vinegar
- 1 tablespoon pepper black
- 2 tablespoons honey
- 4 pieces pancetta cut into 1-inch cubes
- 1 cup polenta
- 8 quail boneless
- 1 medium onion red cut into 1/4-inch dice

- 10 sage leaves chopped
- 2 ounces virgin olive oil
- 4 cups water
- 4 skewers
- 4 skewers

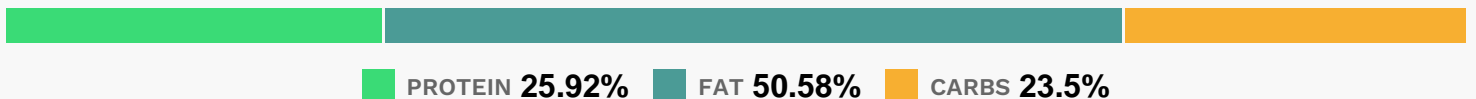
## Equipment

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

## Directions

- Check quail for bones or feathers and place in mixing bowl.
- Add pancetta, vinegar, olive oil, honey and black pepper and toss to coat. Set aside and preheat grill.
- In a 3-quart saucepan, place onion, 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 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 Asiago 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:47.07, Glycemic Load:6.58, Inflammation Score:-7, Nutrition Score:31.563478156276%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 803.81kcal (40.19%), Fat: 44.63g (68.66%), Saturated Fat: 11.61g (72.54%), Carbohydrates: 46.67g (15.56%), Net Carbohydrates: 45.16g (16.42%), Sugar: 12.27g (13.63%), Cholesterol: 174.84mg (58.28%), Sodium: 340.01mg (14.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.45g (102.9%), Vitamin B3: 17.05mg (85.23%), Copper: 1.52mg (76.15%), Phosphorus: 730.2mg (73.02%), Vitamin B6: 1.42mg (71.02%), Selenium: 46.25µg (66.08%), Iron: 9.6mg (53.33%), Vitamin B1: 0.61mg (40.39%), Zinc: 5.92mg (39.46%), Vitamin B2: 0.64mg (37.6%), Calcium: 202.52mg (20.25%), Vitamin B5: 2mg (20%), Magnesium: 76.26mg (19.06%), Vitamin C: 15.39mg (18.65%), Vitamin B12: 1.09µg (18.21%), Potassium: 620.81mg (17.74%), Manganese: 0.35mg (17.5%), Vitamin A: 721.55IU (14.43%), Vitamin E: 2.09mg (13.96%), Vitamin K: 11.43µg (10.89%), Folate: 25.99µg (6.5%), Fiber: 1.51g (6.05%)