



## Quail with Grapes and Grappa

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

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon pepper black
- 1.3 cups less-sodium chicken broth fat-free divided
- 3 tablespoons grappa italian (brandy)
- 1.5 cups grapes green seedless
- 2 teaspoons olive oil
- 1 ounce pancetta finely chopped
- 4 ounce quail
- 8 sprigs rosemary (1-inch)

- 0.5 teaspoon salt
- 1.5 tablespoons shallots minced
- 8 sprigs thyme leaves (1-inch)

## Equipment

- frying pan
- aluminum foil

## Directions

- Cut 1/2 cup grapes in half lengthwise.
- Sprinkle quail with salt and pepper.
- Place 1 (1-inch) rosemary sprig and 1 (1-inch) thyme sprig into cavity of each quail.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add quail; cook 3 minutes on each side or until browned. Arrange quail, breast sides up, in pan; add 1/2 cup broth. Partially cover, reduce heat to medium-low, and cook 25 minutes or until done.
- Place quail on a platter; cover loosely with foil.
- Add 1/4 cup broth, prosciutto, grappa, and shallots to pan; cook over medium-high heat 1 1/2 minutes or until shallots are tender, scraping pan to loosen browned bits. Stir in 1/2 cup broth and whole and halved grapes; cook 2 minutes or until grapes are thoroughly heated.
- Pour grape mixture over quail; garnish with whole rosemary and thyme sprigs, if desired.

## Nutrition Facts



**PROTEIN 19.06%** **FAT 48.75%** **CARBS 32.19%**

## Properties

Glycemic Index:55.75, Glycemic Load:4.79, Inflammation Score:-9, Nutrition Score:6.8895651749943%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg

## Nutrients (% of daily need)

Calories: 183.74kcal (9.19%), Fat: 8.52g (13.1%), Saturated Fat: 2.24g (13.97%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.59g (4.22%), Sugar: 9.98g (11.09%), Cholesterol: 26.22mg (8.74%), Sodium: 644.72mg (28.03%), Alcohol: 4.54g (100%), Alcohol %: 3.14% (100%), Protein: 7.49g (14.98%), Vitamin B3: 2.97mg (14.87%), Vitamin B6: 0.27mg (13.58%), Copper: 0.25mg (12.56%), Phosphorus: 112.2mg (11.22%), Selenium: 7.82µg (11.16%), Iron: 1.95mg (10.82%), Vitamin K: 9.91µg (9.44%), Vitamin B1: 0.14mg (9.15%), Vitamin C: 7.17mg (8.69%), Vitamin B2: 0.15mg (8.56%), Manganese: 0.14mg (6.79%), Potassium: 234.72mg (6.71%), Zinc: 0.88mg (5.9%), Vitamin B12: 0.3µg (4.99%), Magnesium: 16.91mg (4.23%), Vitamin A: 211.68IU (4.23%), Fiber: 1.06g (4.23%), Vitamin B5: 0.39mg (3.94%), Vitamin E: 0.43mg (2.87%), Calcium: 25.89mg (2.59%), Folate: 6.94µg (1.74%)