



Quail with Peas: Quaglie con Piselli



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



288 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 carrots finely chopped
- ☐ 1 rib celery finely chopped
- ☐ 1 cup cooking wine dry white
- ☐ 1 pound peas fresh shelled
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion finely chopped
- ☐ 4 servings salt and pepper

- ☐ 0.3 cup tomato purée
- ☐ 8 quails (bones removed, entire body intact)
- ☐ 8 quails entire (bones removed, body intact)

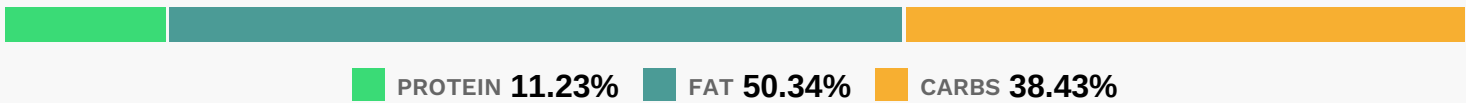
Equipment

- ☐ frying pan

Directions

- ☐ In a 12 to 14–inch saute pan, heat the olive oil over high heat until almost smoking.
- ☐ Add the onion, carrot, garlic and celery and cook until browned. Season the inside of the quail with salt and pepper and add to the pan to cook until browned on both sides.
- ☐ Add the wine and let it evaporate, then add the tomato puree and the peas and cook 15 minutes. Season with salt and pepper, to taste, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.79, Glycemic Load:5.84, Inflammation Score:-10, Nutrition Score:18.885652117107%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 287.5kcal (14.38%), Fat: 14.08g (21.66%), Saturated Fat: 1.97g (12.31%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 16.32g (5.94%), Sugar: 9.83g (10.93%), Cholesterol: 0mg (0%), Sodium: 227.19mg (9.88%), Alcohol: 6.18g (100%), Alcohol %: 3.04% (100%), Protein: 7.07g (14.13%), Vitamin A: 3544.26IU (70.89%), Vitamin C: 50.81mg (61.59%), Vitamin K: 42.13µg (40.12%), Manganese: 0.66mg (32.8%), Fiber: 7.86g (31.44%), Vitamin B1: 0.34mg

(22.44%), Folate: 87.88µg (21.97%), Vitamin E: 2.55mg (16.99%), Vitamin B6: 0.32mg (16.12%), Phosphorus: 157.83mg (15.78%), Potassium: 512.32mg (14.64%), Vitamin B3: 2.9mg (14.5%), Copper: 0.27mg (13.73%), Magnesium: 53.25mg (13.31%), Iron: 2.35mg (13.04%), Vitamin B2: 0.2mg (11.49%), Zinc: 1.65mg (11.01%), Calcium: 55.02mg (5.5%), Selenium: 2.62µg (3.75%), Vitamin B5: 0.33mg (3.26%)