



Roast Quail with Apples and Pecans

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup bread
- 1 carrots diced peeled
- 1 celery stalks diced
- 0.3 cup 3%-less-sodium low-sodium canned
- 2 servings pepper black freshly ground
- 1 tablespoon olive oil
- 0.5 cup pecans lightly toasted roughly chopped
- 4 quail dry rinsed trimmed

- 2 shallots diced
- 2 baking apples are apples that have a sweet-tart balance and hold their shape when such as fuji, braeburn, or granny smith firm
- 2 thyme sprigs
- 4 tablespoons butter unsalted melted

Equipment

- bowl
- frying pan
- oven
- kitchen twine

Directions

- Preheat the oven to 450°F.
- Quarter and core the apples. Dice half of them and set aside. Thinly slice the remainder lengthwise and set aside.
- In a medium sauté pan, heat the olive oil over medium-high heat.
- Add the carrot, celery, shallots, and diced apples and sauté until softened, about 5 minutes.
- Transfer to a bowl and add the crumbled corn bread, then add the chicken broth, melted butter, thyme, and chopped pecans and toss thoroughly with your hands to combine. Season with salt and pepper.
- Sprinkle the cavity of each quail with salt and pepper, then stuff a little of the corn bread mixture inside. Season the outside of the quail with salt and pepper and tie the legs together with kitchen twine.
- Heat the oil over high heat in a heavy ovenproof sauté pan just large enough to hold the quail without touching each other.
- Add the quail and sear, turning occasionally, until golden, 4 to 6 minutes.
- Transfer the pan to the oven and roast the quail, for 6 to 9 minutes; the breast meat should still be a rosy color.
- Remove the string from the quail before serving.
- TO DRINK: Chinon, Jouget; Pinot Noir, Bethel Heights

Nutrition Facts

PROTEIN 18.07% FAT 54.04% CARBS 27.89%

Properties

Glycemic Index:143.25, Glycemic Load:38.99, Inflammation Score:-10, Nutrition Score:53.953478636949%

Flavonoids

Cyanidin: 5.52mg, Cyanidin: 5.52mg, Cyanidin: 5.52mg, Cyanidin: 5.52mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.16mg, Catechin: 4.16mg, Catechin: 4.16mg, Catechin: 4.16mg Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg Epicatechin: 13.91mg, Epicatechin: 13.91mg, Epicatechin: 13.91mg, Epicatechin: 13.91mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

Nutrients (% of daily need)

Calories: 1307.75kcal (65.39%), Fat: 79.77g (122.72%), Saturated Fat: 25.2g (157.48%), Carbohydrates: 92.61g (30.87%), Net Carbohydrates: 79.28g (28.83%), Sugar: 30.18g (33.54%), Cholesterol: 225.88mg (75.29%), Sodium: 714.72mg (31.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.01g (120.02%), Manganese: 2.78mg (138.93%), Vitamin A: 6497.33IU (129.95%), Vitamin B3: 24.29mg (121.46%), Selenium: 71.82µg (102.6%), Phosphorus: 883.62mg (88.36%), Vitamin B6: 1.7mg (85.16%), Copper: 1.69mg (84.47%), Vitamin B1: 1.25mg (83.33%), Iron: 14.44mg (80.25%), Vitamin B2: 0.99mg (58.32%), Fiber: 13.33g (53.31%), Zinc: 7.95mg (53%), Magnesium: 149.44mg (37.36%), Folate: 145.22µg (36.3%), Vitamin C: 27.64mg (33.5%), Potassium: 1159.77mg (33.14%), Vitamin B5: 3.17mg (31.75%), Calcium: 237.03mg (23.7%), Vitamin K: 21.82µg (20.78%), Vitamin E: 2.77mg (18.49%), Vitamin B12: 1.01µg (16.91%), Vitamin D: 0.42µg (2.8%)