



WHATSheATE



Roasted Quail with Cranberry-Orange-Pecan Stuffing



Gluten Free



Dairy Free

READY IN



117 min.

SERVINGS



4

CALORIES



856 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 1.5 cups cranberries fresh
- ☐ 1.5 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 0.5 cup orange juice
- ☐ 4 servings garnish: orange rind strips
- ☐ 1.5 teaspoons orange rind grated
- ☐ 4 servings cranberry-orange-pecan stuffing

- ☐ 0.5 teaspoon pepper
- ☐ 8 quail
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups sugar

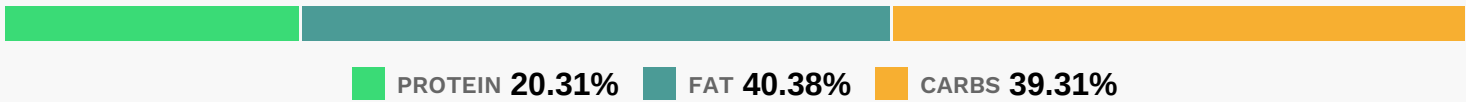
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Cook cranberry juice and sugar in a saucepan over medium heat, stirring constantly, 25 minutes or until sugar melts and mixture thickens.
- ☐ Add cranberries and orange rind; cook, stirring constantly, 2 minutes or until cranberries pop.
- ☐ Remove cranberry glaze from heat; let cool.
- ☐ Stir together orange juice and melted butter.
- ☐ Spoon about 1/4 cup Cranberry-Orange-Pecan Stuffing into each quail, and tie legs together with string.
- ☐ Sprinkle with salt and pepper; place in a shallow roasting pan.
- ☐ Brush with orange juice mixture.
- ☐ Bake at 325 for 1 hour, basting quail with orange juice mixture every 15 minutes. Broil 5 1/2 inches from heat 3 to 4 minutes or until golden, if necessary.
- ☐ Serve with cranberry glaze.
- ☐ Garnish, if desired min.

Nutrition Facts



Properties

Glycemic Index:66.27, Glycemic Load:53.16, Inflammation Score:-8, Nutrition Score:31.590869074282%

Flavonoids

Cyanidin: 17.52mg, Cyanidin: 17.52mg, Cyanidin: 17.52mg, Cyanidin: 17.52mg Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg, Delphinidin: 2.95mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.5mg, Myricetin: 2.5mg, Myricetin: 2.5mg, Myricetin: 2.5mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 855.94kcal (42.8%), Fat: 38.88g (59.81%), Saturated Fat: 9.83g (61.41%), Carbohydrates: 85.16g (28.39%), Net Carbohydrates: 82.15g (29.87%), Sugar: 78.1g (86.78%), Cholesterol: 165.68mg (55.23%), Sodium: 544.03mg (23.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.99g (87.98%), Vitamin B3: 16.81mg (84.07%), Vitamin C: 60.25mg (73.03%), Vitamin B6: 1.42mg (70.88%), Phosphorus: 630.33mg (63.03%), Copper: 1.22mg (61.19%), Selenium: 36.9µg (52.72%), Iron: 9.23mg (51.25%), Vitamin B1: 0.6mg (39.76%), Vitamin B2: 0.63mg (37.12%), Zinc: 5.51mg (36.71%), Vitamin A: 1219.9IU (24.4%), Vitamin B5: 1.94mg (19.39%), Potassium: 677.66mg (19.36%), Magnesium: 66.37mg (16.59%), Vitamin B12: 0.95µg (15.86%), Vitamin E: 2.13mg (14.23%), Manganese: 0.26mg (13.04%), Fiber: 3.02g (12.07%), Folate: 32.29µg (8.07%), Calcium: 69.74mg (6.97%), Vitamin K: 7.19µg (6.85%)