



Savory Broiled Quail

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

READY IN



45 min.

SERVINGS



2

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cornstarch
- 1.5 teaspoons sesame oil dark
- 3 tablespoons soy sauce low-sodium
- 16 ounce quail
- 3 tablespoons cooking sherry

Equipment

- bowl
- frying pan

- broiler
- ziploc bags
- microwave
- broiler pan

Directions

- Combine first 3 ingredients in a large zip-top plastic bag; add quail. Seal and marinate in refrigerator 2 hours, turning bag occasionally.
- Remove quail from bag, reserving marinade.
- Preheat broiler.
- Place quail on a broiler pan coated with cooking spray; broil 5 minutes on each side or until done, basting frequently with reserved marinade.
- Combine pan drippings, reserved marinade, and cornstarch in a microwave-safe bowl; microwave at high for 90 seconds or until mixture boils.
- Remove skin from quail and discard.
- Serve sauce with quail.
- Note: Semi-boned quail have had the breast bones removed, leaving only the bones in the wings and leg-thigh sections. Some butchers insert wire loops into the breasts to help keep their shape; these should be removed before cooking.

Nutrition Facts

PROTEIN 39.83% **FAT 58.33%** **CARBS 1.84%**

Properties

Glycemic Index:7.5, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:27.011304330567%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 495.05kcal (24.75%), Fat: 30.4g (46.77%), Saturated Fat: 8.1g (50.63%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.98g (0.72%), Sugar: 0.34g (0.37%), Cholesterol: 172.37mg (57.46%), Sodium: 985.35mg (42.84%), Alcohol: 2.32g (100%), Alcohol %: 1.06% (100%), Protein: 46.71g (93.42%), Vitamin B3: 17.39mg (86.97%), Vitamin B6: 1.41mg (70.52%), Phosphorus: 667.61mg (66.76%), Copper: 1.16mg (58.13%), Selenium: 37.8µg (54%), Iron: 9.39mg (52.17%), Vitamin B2: 0.65mg (38.27%), Zinc: 5.71mg (38.03%), Vitamin B1: 0.56mg (37.61%), Vitamin B5: 1.84mg (18.38%), Magnesium: 70.98mg (17.75%), Potassium: 590.34mg (16.87%), Vitamin C: 13.83mg (16.77%), Vitamin B12: 0.98µg (16.25%), Vitamin A: 551.11IU (11.02%), Manganese: 0.17mg (8.57%), Folate: 28.93µg (7.23%), Calcium: 38.71mg (3.87%)