



Spice-Rubbed Quail

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 0.5 teaspoon cayenne
- ☐ 0.5 cup chicken broth
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons mild molasses
- ☐ 3 tablespoons olive oil
- ☐ 4 ounce semi-boneless quail

- ☐ 1 teaspoon salt
- ☐ 2 tablespoons scallion finely chopped
- ☐ 1 tablespoon butter unsalted

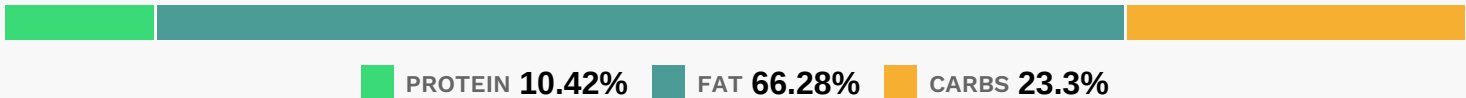
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Wash quail and pat dry. Stir together salt, black pepper, cayenne, and allspice and rub all over quail. Arrange quail in 1 layer in a baking pan and marinate, covered and chilled, at least 1 hour.
- ☐ Simmer broth, lime juice, molasses, and scallion in a small heavy saucepan, uncovered, stirring occasionally, until slightly thickened, 8 to 10 minutes.
- ☐ Remove from heat and whisk in butter until incorporated. Season sauce with salt and pepper and keep warm.
- ☐ Arrange oven rack so that top of quail (on top of broiler pan) will be 2 inches from heat, then preheat broiler.
- ☐ Lightly oil broiler pan and heat under broiler until hot.
- ☐ Brush quail (on both sides) with olive oil and broil 2 inches from heat, turning once, until just cooked through, 6 to 10 minutes total.
- ☐ Serve quail drizzled with sauce.

Nutrition Facts



Properties

Glycemic Index:38.75, Glycemic Load:5.06, Inflammation Score:-4, Nutrition Score:7.6630435287952%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 224.74kcal (11.24%), Fat: 16.93g (26.04%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 13.04g (4.74%), Sugar: 11.69g (12.99%), Cholesterol: 29.66mg (9.89%), Sodium: 712.65mg (30.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Manganese: 0.32mg (15.89%), Vitamin B6: 0.29mg (14.3%), Vitamin K: 13.68µg (13.03%), Vitamin B3: 2.41mg (12.06%), Copper: 0.24mg (11.8%), Magnesium: 46.37mg (11.59%), Vitamin E: 1.73mg (11.55%), Iron: 2.05mg (11.39%), Selenium: 7.61µg (10.87%), Potassium: 325.19mg (9.29%), Phosphorus: 89.46mg (8.95%), Vitamin C: 7.12mg (8.63%), Vitamin A: 301.84IU (6.04%), Vitamin B1: 0.09mg (5.91%), Vitamin B2: 0.1mg (5.9%), Zinc: 0.79mg (5.28%), Calcium: 44.88mg (4.49%), Vitamin B5: 0.37mg (3.72%), Vitamin B12: 0.13µg (2.23%), Folate: 6.22µg (1.56%), Fiber: 0.36g (1.42%)