

# Southern Fried Quail

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-quail-chinese-style-recipe>

## Ingredients:

- 8 whole quail
- salt
- pepper
- all purpose flour
- peanut oil

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 7 grams
3. Fat: 3.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 200 milligrams

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