

# Asian Style Roasted Quail

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/quail-meat-recipe-indian>

## Ingredients:

- 6 quails
- 2 tablespoons bbq sauce I used honey garlic
- 2 tablespoons sesame seeds
- 1 tablespoon chili garlic sauce
- 3 tablespoons sesame oil dark
- 2 tablespoons honey
- 3 cloves garlic minced
- 1 tablespoon ginger fresh, minced
- 1/4 cup white wine
- 1/4 cup soy sauce low sodium
- 2 tablespoons vegetable oil

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 105 milligrams
4. Fat: 36 grams
5. Fiber: 1 grams
6. Protein: 30 grams
7. SaturatedFat: 6 grams
8. Sodium: 1120 milligrams
9. Sugar: 12 grams

---

Thank you for visiting our website. Hope you enjoy Asian Style Roasted Quail above. You can see more 18 quail meat recipe indian Discover culinary perfection! to get more great cooking ideas.