

Grilled Quail, South Carolina Style

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 16 quail backbones removed and flattened
- 4 tablespoons vegetable oil
- 4 tablespoons butter
- 1/2 onion grated
- 1/2 cup yellow mustard the kind you get at the ballpark
- 1/2 cup brown sugar
- 1/2 cup cider vinegar
- 1 tablespoon dry mustard like Coleman's
- 2 teaspoons cayenne
- 1 bay leaf
- salt to taste

Nutrition:

1. Calories: 1030 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 310 milligrams
4. Fat: 70 grams
5. Fiber: 1 grams
6. Protein: 75 grams
7. SaturatedFat: 19 grams
8. Sodium: 520 milligrams
9. Sugar: 18 grams

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