

# Rosemary Lemon Grilled Quail

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 4 quail butterflied, spatchcocked- ie, cut the backbone out so they will lay flat on the grill
- 2 lemons
- 1 lemon
- 3 tablespoons olive oil
- 3 sprigs rosemary leaves removed
- 1 1/2 teaspoons sea salt
- 2 teaspoons ground pepper fresh

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 70 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 19 grams
7. SaturatedFat: 4 grams
8. Sodium: 940 milligrams

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