



# Achiote Marinated Cornish Hens Stuffed with Chorizo and Mustard Greens

 **Gluten Free**  **Dairy Free**

READY IN



**800 min.**

SERVINGS



**2**

CALORIES



**1180 kcal**

**SIDE DISH**

## Ingredients

- 1 package achiote paste
- 1 baking potato diced peeled (russet)
- 0.5 cup chicken stock see
- 2 cornish game hens
- 1 teaspoon cumin toasted
- 5 tablespoons garlic divided chopped
- 2 tablespoons olives green sliced

- 1 teaspoon ground coriander
- 1 bunch mustard greens cleaned trimmed roughly chopped
- 0.5 cup olive oil
- 1 onion diced spanish
- 1 teaspoon mexican oregano
- 2 servings salt and pepper freshly ground
- 4 large links chorizo dried diced spanish hard

## Equipment

- food processor
- frying pan
- oven

## Directions

- Preheat the oven to 375 degrees F.
- Combine in a food processor the achiote paste, olive oil, cumin, coriander, oregano, and 1 tablespoon garlic. Make sure to puree all these ingredients until it becomes a paste. Rub the marinade inside the Cornish hen cavities, underneath the skin, as well as outside. Allow the hens to marinade overnight, refrigerated.
- Next day, heat up a large saute pan.
- Add the chorizo and cook until crispy, about 5 minutes.
- Add the onion and remaining 4 tablespoons garlic and cook for another 2 minutes.
- Add the mustard greens and deglaze with the chicken stock. Cook until greens have wilted, about 2 minutes, and then add the potato, green olives, and season, to taste, with salt and pepper. Once the stuffing has cooled, distribute it equally into the hens and place them on a sheet with a rack.
- Place in the oven for 1 hour.

## Nutrition Facts

 PROTEIN 28.65%  FAT 59.32%  CARBS 12.03%

## Properties

Glycemic Index:105.88, Glycemic Load:18.16, Inflammation Score:-9, Nutrition Score:36.973913068357%

## Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg

## Nutrients (% of daily need)

Calories: 1179.84kcal (58.99%), Fat: 76.98g (118.44%), Saturated Fat: 19.64g (122.74%), Carbohydrates: 35.13g (11.71%), Net Carbohydrates: 31.16g (11.33%), Sugar: 4.25g (4.73%), Cholesterol: 457.55mg (152.52%), Sodium: 692.43mg (30.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.65g (167.31%), Vitamin B3: 27.93mg (139.64%), Vitamin B6: 2.06mg (103.18%), Selenium: 58.4µg (83.42%), Phosphorus: 762.49mg (76.25%), Vitamin B2: 0.9mg (52.97%), Potassium: 1778.18mg (50.81%), Zinc: 6.02mg (40.13%), Manganese: 0.75mg (37.36%), Iron: 6.35mg (35.28%), Vitamin B1: 0.51mg (34.31%), Vitamin B5: 3.26mg (32.6%), Magnesium: 129.1mg (32.28%), Vitamin K: 27.57µg (26.26%), Vitamin B12: 1.49µg (24.75%), Copper: 0.48mg (23.96%), Vitamin C: 19.41mg (23.53%), Vitamin E: 3.4mg (22.68%), Fiber: 3.97g (15.87%), Calcium: 151.33mg (15.13%), Vitamin A: 575.18IU (11.5%), Folate: 45.23µg (11.31%)