



Asian Grilled Cornish Hens

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

READY IN



45 min.

SERVINGS



4

CALORIES



1317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce chicken broth canned
- 3 tablespoons chile-garlic sauce
- 4 pound cornish game hens
- 3 tablespoons sesame oil dark
- 4 servings green onion curls sliced
- 1 teaspoon ground ginger
- 0.3 cup hoisin sacue
- 3 tablespoons honey

- 2 tablespoons sesame seed
- 2 teaspoons cornstarch
- 2 teaspoons cornstarch

Equipment

- sauce pan
- whisk
- grill
- ziploc bags

Directions

- Combine first 6 ingredients in a shallow dish or large heavy-duty zip-top plastic bag, gently squeezing to blend; add cornish hens. Cover or seal, and chill 30 minutes, turning occasionally.
- Remove cornish hens from marinade, reserving marinade.
- Prepare fire by piling charcoal or lava rocks on 1 side of grill, leaving the other side empty.
- Place rack on grill. Arrange cornish hens over empty side; grill, covered with grill lid, 45 minutes or until done.
- Pour reserved marinade into a small saucepan. Reserve 1/4 cup chicken broth, and add remaining chicken broth to marinade. Bring mixture to a boil over medium-high heat; boil, stirring occasionally, 5 minutes.
- Whisk together cornstarch and reserved 1/4 cup chicken broth until smooth.
- Whisk into marinade mixture; boil, whisking constantly, 1 minute.
- Serve with cornish hens, garnish, if desired.

Nutrition Facts

 **PROTEIN 32.62%**  **FAT 59.27%**  **CARBS 8.11%**

Properties

Glycemic Index:29.82, Glycemic Load:7.02, Inflammation Score:-6, Nutrition Score:34.49478261108%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 1317.12kcal (65.86%), Fat: 85.02g (130.8%), Saturated Fat: 21.84g (136.49%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 24.44g (8.89%), Sugar: 20g (22.23%), Cholesterol: 510.03mg (170.01%), Sodium: 1679.04mg (73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 105.27g (210.54%), Vitamin B3: 28.69mg (143.44%), Selenium: 74.56µg (106.51%), Phosphorus: 827.64mg (82.76%), Vitamin B6: 1.59mg (79.31%), Vitamin B2: 0.93mg (54.86%), Zinc: 8.23mg (54.84%), Vitamin B12: 2.52µg (42.08%), Potassium: 1298.23mg (37.09%), Iron: 5.88mg (32.69%), Magnesium: 121.92mg (30.48%), Vitamin B5: 2.79mg (27.94%), Vitamin K: 27.19µg (25.89%), Vitamin B1: 0.37mg (24.47%), Copper: 0.47mg (23.6%), Manganese: 0.4mg (20.17%), Vitamin A: 733.14IU (14.66%), Vitamin E: 1.84mg (12.25%), Calcium: 114.62mg (11.46%), Folate: 27.72µg (6.93%), Fiber: 1.73g (6.91%), Vitamin C: 3.55mg (4.3%)