



Asian-Style Grilled Cornish Hens

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pound cornish game hens split
- 1 tablespoon sesame oil dark
- 4 garlic cloves minced
- 2 tablespoons hoisin sauce
- 1 tablespoon soya sauce low-sodium
- 3 tablespoons raspberry vinegar
- 1 teaspoon sriracha (such as huy fong) hot

Equipment

- grill
- kitchen thermometer
- ziploc bags

Directions

- Combine first 6 ingredients in a large zip-top plastic bag.
- Add hens to bag; seal and marinate in refrigerator overnight, turning occasionally.
- Remove hens from bag; discard marinade.
- Prepare grill.
- Place hens on a grill rack coated with cooking spray, and grill for 10 minutes on each side or until a thermometer registers 180.

Nutrition Facts

PROTEIN 34.01% **FAT 64.59%** **CARBS 1.4%**

Properties

Glycemic Index:8.75, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:20.647826075554%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 709.27kcal (35.46%), Fat: 49.6g (76.3%), Saturated Fat: 13.51g (84.42%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.15g (1.27%), Cholesterol: 343.72mg (114.57%), Sodium: 358.07mg (15.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.75g (117.51%), Vitamin B3: 19.39mg (96.94%), Selenium: 40.44µg (57.78%), Vitamin B6: 1.03mg (51.43%), Phosphorus: 483.91mg (48.39%), Vitamin B2: 0.59mg (34.93%), Zinc: 3.96mg (26.41%), Potassium: 825.5mg (23.59%), Vitamin B5: 2.09mg (20.9%), Vitamin B12: 1.12µg (18.71%), Vitamin B1: 0.25mg (16.83%), Magnesium: 64.26mg (16.06%), Iron: 2.76mg (15.33%), Copper: 0.18mg (8.89%), Vitamin K: 8.46µg (8.06%), Vitamin A: 368.59IU (7.37%), Vitamin E: 1mg (6.65%), Manganese: 0.11mg (5.62%), Calcium: 42.45mg (4.25%), Vitamin C: 2.56mg (3.1%), Folate: 12.08µg (3.02%)