



Bacon-Wrapped Cornish Hens with Raspberry Balsamic Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



951 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 lb bacon
- ☐ 0.5 cup balsamic vinegar
- ☐ 6 lb cornish game hens
- ☐ 0.7 cup raspberry jam seedless

Equipment

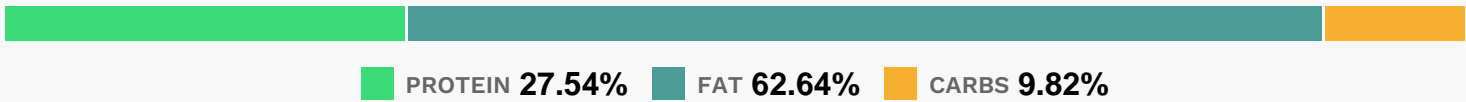
- ☐ frying pan
- ☐ paper towels

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Briskly simmer jam and vinegar in a small saucepan, uncovered, stirring occasionally, until glaze is reduced to about 1/2 cup, about 8 minutes. Cool to room temperature (glaze will thicken slightly as it cools).
- ☐ Preheat oven to 450°F.
- ☐ Cook bacon in batches in a large heavy skillet over moderate heat, turning occasionally, until some of fat is rendered but bacon is still translucent and pliable, 5 to 7 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Cut out and discard backbone from each hen with kitchen shears, then halve each hen lengthwise. Pat hens dry and season with salt and pepper, then arrange, cut sides down, in a large roasting pan.
- ☐ Brush hens liberally with glaze, reserving remainder, and wrap 2 slices of bacon around each half hen, tucking ends under. Roast in middle of oven, brushing with pan juices and reserved glaze twice (every 10 minutes), until juices run clear when a thigh is pierced, 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:11.92, Inflammation Score:-3, Nutrition Score:23.19260882813%

Nutrients (% of daily need)

Calories: 950.51kcal (47.53%), Fat: 64.59g (99.37%), Saturated Fat: 18.89g (118.07%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 22.47g (8.17%), Sugar: 16.12g (17.92%), Cholesterol: 371.66mg (123.89%), Sodium: 501.76mg (21.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.89g (127.79%), Vitamin B3: 21.03mg (105.13%), Selenium: 49.26µg (70.37%), Vitamin B6: 1.12mg (56.12%), Phosphorus: 545.92mg (54.59%), Vitamin B2: 0.63mg (37.31%), Zinc: 4.44mg (29.63%), Potassium: 926.72mg (26.48%), Vitamin B1: 0.37mg (24.68%), Vitamin B5: 2.31mg (23.13%), Vitamin B12: 1.34µg (22.25%), Magnesium: 69.38mg (17.35%), Iron: 3.08mg (17.12%), Copper: 0.22mg (10.85%), Vitamin E: 1.17mg (7.8%), Vitamin K: 8.16µg (7.78%), Vitamin A: 383.14IU (7.66%), Vitamin C: 4.19mg (5.08%), Calcium: 49.52mg (4.95%), Manganese: 0.09mg (4.57%), Folate: 13.32µg (3.33%), Fiber: 0.31g

(1.25%), Vitamin D: 0.17µg (1.13%)