

Bangalore Cornish Hens

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



120 min.

SERVINGS



4

CALORIES



1125 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 28 ounce canned tomatoes canned drained chopped
- 2 teaspoons caraway seed
- 1 teaspoon cayenne pepper
- 0.5 cup chicken broth
- 0.3 cup cilantro leaves chopped
- 3 pound cornish game hens halved lengthwise
- 0.3 cup mint leaves fresh chopped

- 0.3 cup parsley fresh chopped
- 6 cloves garlic minced
- 1 tablespoon ground cinnamon
- 4 teaspoons ground cumin
- 1 tablespoon ground ginger
- 0.5 cup honey
- 0.5 cup juice of lemon
- 3 tablespoons olive oil
- 2 medium onions cut into 1-inch wedges
- 0.3 cup mild paprika
- 2 medium bell pepper red cut into 1-1/2 inch pieces
- 2 tablespoons salt
- 3 medium crookneck squash yellow cut into 1 1/2-inch pieces
- 3 medium turnips peeled halved cut into slices
- 2 large zucchinis halved lengthwise cut into 1 1/2 inch pieces

Equipment

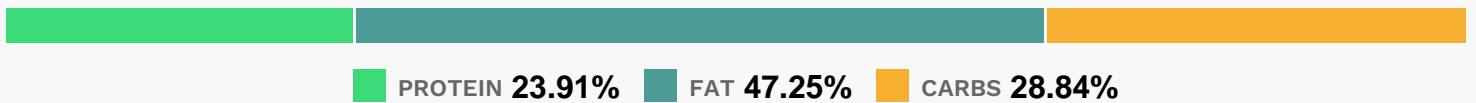
- bowl
- oven
- whisk
- mortar and pestle
- dutch oven

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Coarsely grind caraway seeds with salt with a mortar and pestle. Mash the garlic into a paste with the caraway. In a large bowl, whisk together the garlic paste with the honey, lemon juice, and olive oil. Season with paprika, cumin, ginger, cinnamon, cayenne, and black pepper; mix well.

- Lightly oil the inside of a heavy, ovenproof Dutch oven.
- Add the zucchini, turnips, red pepper, yellow squash, and onions. Toss with 1/2 of the spice paste. Stir in tomatoes and chicken broth. Toss the Cornish hens with the remaining spice paste, then arrange them in the Dutch oven, so that the cut side is facing down.
- Cover the Dutch oven, and bake in the center of the preheated oven for 1 hour and 15 minutes. If a crunchy skin is desired on the Cornish hens, uncover during the last 15 minutes of cooking. Skim the fat off of the broth.
- Serve hens on top of vegetables, spoon some of the broth over, and sprinkle with the parsley, cilantro, and mint.

Nutrition Facts



Properties

Glycemic Index:117.32, Glycemic Load:29.58, Inflammation Score:-10, Nutrition Score:59.031739027604%

Flavonoids

Eriodictyol: 2.65mg, Eriodictyol: 2.65mg, Eriodictyol: 2.65mg, Eriodictyol: 2.65mg Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 10.99mg, Apigenin: 10.99mg, Apigenin: 10.99mg, Apigenin: 10.99mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 13.3mg, Quercetin: 13.3mg, Quercetin: 13.3mg, Quercetin: 13.3mg

Nutrients (% of daily need)

Calories: 1124.73kcal (56.24%), Fat: 60.9g (93.69%), Saturated Fat: 15.17g (94.82%), Carbohydrates: 83.64g (27.88%), Net Carbohydrates: 69.75g (25.36%), Sugar: 60.68g (67.42%), Cholesterol: 344.18mg (114.73%), Sodium: 4160.66mg (180.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.32g (138.65%), Vitamin C: 207.67mg (251.73%), Vitamin B3: 24.92mg (124.61%), Vitamin K: 128.21µg (122.11%), Vitamin B6: 2.36mg (118.09%), Manganese: 2.34mg (117.17%), Vitamin A: 4486.08IU (89.72%), Potassium: 2815.92mg (80.45%), Phosphorus: 755.32mg (75.53%), Vitamin B2: 1.22mg (71.86%), Selenium: 45.14µg (64.49%), Fiber: 13.89g (55.57%), Iron: 9.93mg (55.19%), Magnesium: 204.23mg (51.06%), Folate: 194.2µg (48.55%), Vitamin B1: 0.69mg (45.99%), Vitamin E: 6.87mg (45.77%), Copper: 0.91mg (45.63%), Zinc: 6.45mg (42.98%), Vitamin B5: 3.81mg (38.08%), Calcium: 280.49mg (28.05%), Vitamin B12: 1.13µg (18.81%)