



Barbecued Black Crows



Gluten Free



Dairy Free

READY IN



515 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 oz cornish game hens skinless
- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons brown sugar packed
- ☐ 1 tablespoon sesame oil dark
- ☐ 1 tablespoon ginger grated
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 tablespoons spring onion finely chopped
- ☐ 3 cloves garlic finely chopped

- ☐ 2 teaspoons sesame seed toasted
- ☐ 1 serving spring onion sliced

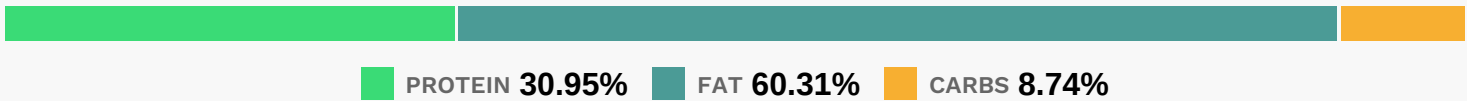
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place hens in resealable freezer plastic bag or large shallow glass dish. In small bowl, mix soy sauce, brown sugar, sesame oil, gingerroot, pepper flakes, 3 tablespoons onions and the garlic; pour marinade over hens. Seal bag or cover dish. Refrigerate at least 8 hours but no longer than 24 hours.
- ☐ Heat gas or charcoal grill.
- ☐ Remove hens from marinade; discard marinade.
- ☐ Place hens, cut sides down, on grill over high heat. Cover grill; cook 14 to 16 minutes, turning occasionally, until juice of hens is clear when thickest pieces are cut to bone (at least 165°F).
- ☐ Let stand 5 minutes before serving.
- ☐ Sprinkle with sesame seed and green onions.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.52, Inflammation Score:-4, Nutrition Score:16.438695700272%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 543.09kcal (27.15%), Fat: 35.87g (55.18%), Saturated Fat: 9.4g (58.76%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 11.14g (4.05%), Sugar: 9.26g (10.29%), Cholesterol: 229.06mg (76.35%), Sodium: 1224.56mg (53.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.42g (82.83%), Vitamin B3: 13.76mg (68.82%), Selenium: 27.76µg (39.66%), Vitamin B6: 0.76mg (37.81%), Phosphorus: 355.93mg (35.59%), Vitamin B2: 0.43mg (25.09%), Zinc: 2.83mg (18.88%), Potassium: 628.16mg (17.95%), Vitamin K: 18.51µg (17.63%), Vitamin B5: 1.49mg (14.89%), Iron: 2.6mg (14.43%), Magnesium: 55.58mg (13.89%), Vitamin B1: 0.19mg (12.9%), Vitamin B12: 0.75µg (12.47%), Manganese: 0.22mg (10.82%), Copper: 0.2mg (9.96%), Vitamin A: 342.11IU (6.84%), Calcium: 55.12mg (5.51%), Vitamin E: 0.77mg (5.16%), Folate: 15.48µg (3.87%), Vitamin C: 3.05mg (3.7%), Fiber: 0.55g (2.22%)