



## Barbecued Game Hen

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

READY IN



**73 min.**

SERVINGS



**3**

CALORIES



**1047 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 aluminum cans
- 1 bottle apple cider vinegar
- 3 servings barbecue sauce
- 3 rock cornish game hens
- 3 servings olive oil
- 1 onion diced
- 3 servings barbecue rub dry
- 3 servings salt and pepper black freshly ground

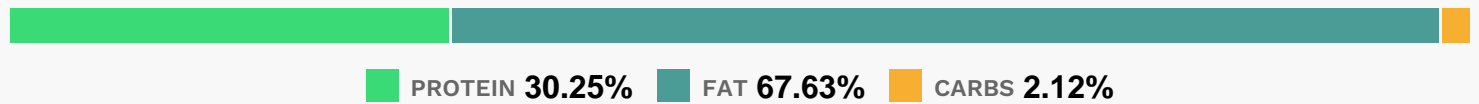
# Equipment

grill

# Directions

- Combine onion, apple cider vinegar, and barbecue sauce. Set aside.
- Coat hens with oil, dry rub, salt, and pepper. Refrigerate overnight.
- Cut aluminum cans in half. Fill cans with onion, vinegar, and barbecue sauce mixture.
- Place the cans on a hot grill, and set the hens on top of the cans. Grill for approximately 1 hour.
- Brush lightly with barbecue sauce after 1 hour of cooking.

# Nutrition Facts



# Properties

Glycemic Index:33, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:29.64608669281%

# Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

# Nutrients (% of daily need)

Calories: 1047.12kcal (52.36%), Fat: 77.29g (118.9%), Saturated Fat: 19.52g (122%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.57g (1.66%), Sugar: 1.95g (2.17%), Cholesterol: 454.5mg (151.5%), Sodium: 366.05mg (15.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.79g (155.58%), Vitamin B3: 25.65mg (128.23%), Selenium: 53.45µg (76.35%), Phosphorus: 743.62mg (74.36%), Vitamin B6: 1.4mg (69.95%), Vitamin B2: 0.78mg (45.85%), Zinc: 5.3mg (35.36%), Vitamin K: 35.66µg (33.97%), Potassium: 1133.3mg (32.38%), Vitamin B5: 2.79mg (27.89%), Iron: 4.5mg (25%), Vitamin B12: 1.49µg (24.75%), Vitamin B1: 0.35mg (23.4%), Magnesium: 89.85mg (22.46%), Vitamin E: 3.32mg (22.13%), Calcium: 152.43mg (15.24%), Manganese: 0.27mg (13.57%), Copper: 0.25mg (12.69%), Vitamin A: 542.16IU (10.84%), Vitamin C: 5.21mg (6.31%), Folate: 23.26µg (5.82%), Fiber: 0.89g (3.54%)