



Brick-Grilled Cornish Hens



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons pepper black freshly ground
- ☐ 1.5 lb cornish game hens
- ☐ 3 tablespoons rosemary fresh chopped
- ☐ 3 tablespoons garlic minced
- ☐ 3 tablespoons kosher salt
- ☐ 0.3 cup juice of lemon
- ☐ 1 leaf garnishes: lemon wedges
- ☐ 0.3 cup olive oil

☐ 1 tablespoon pepper dried red crushed

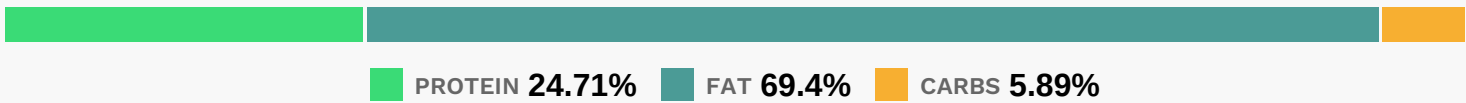
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Cut Cornish hens lengthwise through the backbone using kitchen shears, and flatten.
- ☐ Combine salt and next 4 ingredients; rub evenly over hens.
- ☐ Place hens in 2-qt. zip-top freezer bags or 2 large baking dishes.
- ☐ Whisk together lemon juice and olive oil; drizzle lemon juice mixture over hens. Seal or cover, and chill 1 hour or up to 24 hours.
- ☐ Remove hens from marinade, discarding marinade.
- ☐ Place hens on cooking grate of grill, and top each with an aluminum foil-wrapped brick. Grill, covered with grill lid, over medium heat (300 to 350 to 375°F) for 15 to 20 minutes on each side, replacing bricks on hens after flipping. Turn grill off, and let stand, covered with grill lid, 5 to 8 minutes or until done. (If using a charcoal grill, transfer hens to a 350°F oven, and bake 5 to 8 minutes or until done.)
- ☐ Garnish, if desired.
- ☐ *Cast-iron skillet may be substituted for foil-wrapped bricks.
- ☐ Place a sheet of foil between each skillet and hen.

Nutrition Facts



Properties

Glycemic Index:10.94, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:8.2973913161651%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 245.4kcal (12.27%), Fat: 18.97g (29.18%), Saturated Fat: 4.32g (27.02%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 2.51g (0.91%), Sugar: 0.31g (0.35%), Cholesterol: 85.9mg (28.63%), Sodium: 2685.81mg (116.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.4%), Vitamin B3: 5mg (25.02%), Manganese: 0.38mg (19.13%), Vitamin B6: 0.32mg (16.09%), Selenium: 10.79µg (15.42%), Phosphorus: 131.34mg (13.13%), Vitamin E: 1.63mg (10.86%), Vitamin K: 10.9µg (10.38%), Vitamin B2: 0.16mg (9.63%), Vitamin A: 423.34IU (8.47%), Potassium: 275.79mg (7.88%), Zinc: 1.1mg (7.33%), Iron: 1.22mg (6.79%), Vitamin B5: 0.59mg (5.92%), Magnesium: 22.61mg (5.65%), Vitamin C: 4.55mg (5.51%), Vitamin B1: 0.08mg (5.01%), Copper: 0.1mg (4.81%), Vitamin B12: 0.28µg (4.68%), Fiber: 1.11g (4.45%), Calcium: 32.61mg (3.26%), Folate: 5.66µg (1.42%)