



Butterflied Cornish Hens with Fine Herb Gremolata

 **Gluten Free**  **Dairy Free** Image not found or type unknown

READY IN

ready

49 min.

SERVINGS

servings

4

CALORIES

calories

1024 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.3 cup chervil finely chopped
- ☐ 0.3 cup chives finely chopped
- ☐ 4 rock cornish game hens
- ☐ 0.3 cup garlic finely minced
- ☐ 0.3 cup lemon zest finely minced
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons olive oil

- ☐ 0.3 cup parsley finely chopped
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.3 cup tarragon finely chopped

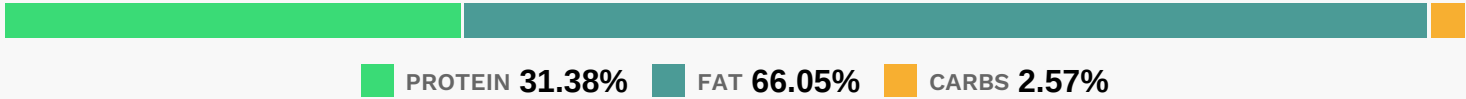
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a medium bowl, combine all ingredients and mix well. Preheat grill or grill pan.
- ☐ Brush the hens with olive oil and season with salt and pepper to taste. Grill the hens over low heat until cooked through, approximately 10 to 12 minutes per side.
- ☐ Serve each person a whole hen and sprinkle with the gremolata.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:1.8, Inflammation Score:-7, Nutrition Score:34.611738889114%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 1023.51kcal (51.18%), Fat: 73.99g (113.83%), Saturated Fat: 19.04g (118.97%), Carbohydrates: 6.49g (2.16%), Net Carbohydrates: 5.07g (1.85%), Sugar: 0.41g (0.46%), Cholesterol: 454.5mg (151.5%), Sodium: 475.75mg (20.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.09g (158.17%), Vitamin B3: 26.06mg (130.28%), Vitamin K: 84.09µg (80.09%), Selenium: 54.97µg (78.53%), Vitamin B6: 1.54mg (77.07%), Phosphorus: 664.36mg (66.44%), Vitamin B2: 0.84mg (49.35%), Zinc: 5.61mg (37.37%), Potassium: 1304.33mg (37.27%), Iron: 5.56mg

(30.91%), Vitamin B5: 2.83mg (28.33%), Vitamin C: 21.46mg (26.01%), Manganese: 0.52mg (25.84%), Magnesium: 100.05mg (25.01%), Vitamin B12: 1.49µg (24.75%), Vitamin B1: 0.37mg (24.55%), Vitamin A: 1139.77IU (22.8%), Vitamin E: 2.83mg (18.85%), Copper: 0.29mg (14.48%), Calcium: 137.96mg (13.8%), Folate: 35.88µg (8.97%), Fiber: 1.41g (5.65%)