



Butterflied Cornish Hens with Sage Butter

 Gluten Free  Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



2007 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 strips bacon chopped
- 1 stick butter softened
- 7 pound cornish game hens
- 1 lemon zest
- 4 servings olive oil for sauteing
- 5 to 7 sage leaves finely chopped
- 4 servings salt and pepper black freshly ground

Equipment

- frying pan
- oven
- wire rack

Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Place hens on a sheet tray fitted with a cooling rack in the refrigerator to dry skin out for 1 hour. Meanwhile, in a small pan over medium heat, melt butter with sage, zest, salt and pepper.
- Remove hens from refrigerator. Preheat 2 large saute pans over medium heat, lightly coat with oil. Season hens with salt and pepper and sear, skin side down, in the pans. Sear until skin caramelizes and turns golden brown and crispy, about 7 to 10 minutes. Flip birds over, and baste with sage butter.
- Sprinkle tops with chopped bacon and place in preheated oven to finish cooking, 25 to 30 minutes, basting occasionally.
- Let rest 10 minutes before serving.

Nutrition Facts

PROTEIN 28.24% **FAT 71.64%** **CARBS 0.12%**

Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:41.859565270984%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 2006.66kcal (100.33%), Fat: 156.94g (241.45%), Saturated Fat: 50.26g (314.12%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.08g (0.09%), Cholesterol: 876.98mg (292.33%), Sodium: 811.89mg (35.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 139.19g (278.37%), Vitamin B3: 45.95mg (229.76%), Selenium: 98.39µg (140.55%), Vitamin B6: 2.4mg (120.2%), Phosphorus: 1150.12mg (115.01%), Vitamin B2: 1.38mg (81.08%), Zinc: 9.42mg (62.8%), Potassium: 1927.76mg (55.08%), Vitamin B5: 4.99mg (49.94%), Vitamin

B12: 2.78µg (46.29%), Vitamin B1: 0.64mg (42.85%), Magnesium: 146.57mg (36.64%), Iron: 6.39mg (35.52%),
Vitamin E: 4.99mg (33.29%), Vitamin A: 1572.69IU (31.45%), Vitamin K: 29.62µg (28.21%), Copper: 0.55mg (27.73%),
Calcium: 98.12mg (9.81%), Manganese: 0.15mg (7.36%), Vitamin C: 5.9mg (7.16%), Folate: 24.87µg (6.22%)