



Cherry-Balsamic Cornish Hen with Rice

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



2

CALORIES



967 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz cornish game hens
- 6 oz seasoned rice vinegar long-grain wild
- 0.3 cup cherries dried
- 3 tablespoons slivered almonds
- 1.5 cups water
- 0.5 teaspoon highest available proof grain spirit
- 0.3 teaspoon salt
- 0.3 cup smucker's cherry preserves

2 tablespoons balsamic vinegar

Equipment

bowl

oven

baking pan

aluminum foil

kitchen scissors

glass baking pan

Directions

Heat oven to 375°F.

Remove and discard neck and giblets from game hen. With kitchen scissors, cut game hen in half.

In ungreased 11x7-inch (2-quart) glass baking dish, combine rice with seasoning from package, cherries, almonds and water; mix well. Top with game hen halves, skin side up; sprinkle with garlic-pepper blend and salt.

In small bowl, combine preserves and vinegar; mix well.

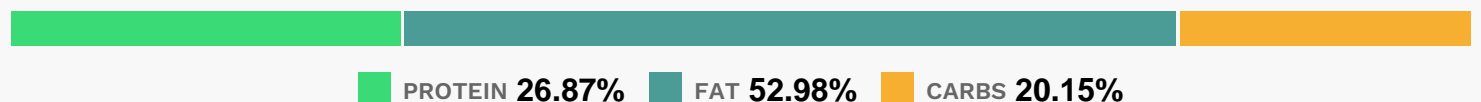
Brush about half of mixture over game hen halves. Cover with foil.

Bake covered at 375°F. for 30 minutes.

Uncover baking dish; brush game hen halves with remaining preserves mixture.

Bake uncovered an additional 25 to 30 minutes or until game hen is fork-tender and juices run clear, and rice is tender.

Nutrition Facts



Properties

Glycemic Index:110.5, Glycemic Load:17.84, Inflammation Score:-7, Nutrition Score:27.11565198069%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 967.36kcal (48.37%), Fat: 55.22g (84.96%), Saturated Fat: 13.81g (86.31%), Carbohydrates: 47.26g (15.75%), Net Carbohydrates: 43.41g (15.79%), Sugar: 31.57g (35.07%), Cholesterol: 343.6mg (114.53%), Sodium: 528.72mg (22.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.01g (126.02%), Vitamin B3: 19.95mg (99.74%), Selenium: 42.07µg (60.1%), Phosphorus: 568.27mg (56.83%), Vitamin B6: 1.04mg (51.87%), Vitamin B2: 0.78mg (46.17%), Vitamin E: 4.85mg (32.36%), Zinc: 4.52mg (30.13%), Potassium: 970.48mg (27.73%), Magnesium: 110.17mg (27.54%), Manganese: 0.5mg (24.95%), Vitamin B5: 2.16mg (21.64%), Iron: 3.83mg (21.28%), Copper: 0.41mg (20.4%), Vitamin B1: 0.29mg (19.15%), Vitamin B12: 1.12µg (18.71%), Vitamin A: 905.67IU (18.11%), Fiber: 3.84g (15.38%), Calcium: 115.09mg (11.51%), Vitamin K: 8.19µg (7.8%), Vitamin C: 5.44mg (6.6%), Folate: 22.65µg (5.66%)