



WHATSheATE



Cornbread-Stuffed Cornish Game Hens with Corn Maque Choux

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1406 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons apple juice fresh ()
- ☐ 4 bacon halved
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 0.5 cup celery chopped
- ☐ 2 teaspoons coarse kosher salt
- ☐ 5 pound cornish game hens dry rinsed

- ☐ 1 large eggs beaten to blend
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1.5 cups golden delicious apples diced cored peeled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ramekin
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ skewers
- ☐ kitchen twine

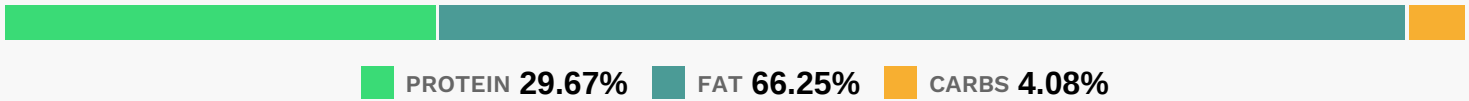
Directions

- ☐ Melt butter in heavy largeskillet over medium-high heat.
- ☐ Add onionand celery; sauté until beginning to color,about 5 minutes.
- ☐ Add apples; sauté untilbeginning to soften, about 3 minutes.
- ☐ Mixin sage, 1/2 teaspoon salt, and 1/2 teaspoonpepper; transfer to large bowl.
- ☐ Let standuntil almost cool, about 10 minutes.
- ☐ Mix cornbread into vegetables.
- ☐ Addegg and toss to blend.
- ☐ Mix in cheese, thenenough apple cider by tablespoonfuls toform stuffing that is moist but not wet.
- ☐ Sprinkle cavity of eachhen lightly with salt and pepper. Pack 1cup stuffing into each (place any leftoverstuffing into buttered ramekins and coverwith foil). Skewer cavities closed

withtoothpicks or turkey lacers. Tuck wingtips under; tie legs together to hold shape.

- ☐ Mix sage, coarse salt, and pepper in small bowl; sprinkle over hens.
- ☐ Preheat oven to 400°F.
- ☐ Heat oil in large nonstick skillet over medium-high heat.
- ☐ Place 2 hens in skillet. Sauté until brown, turning often with wooden spoons (to prevent tearing skin), about 10 minutes.
- ☐ Transfer to rimmed baking sheet, breast side up. Repeat with remaining hens. Drape 2 bacon strip halves over breast of each hen. Using kitchen string, tie bacon strips in place. (
- ☐ Place any ramekins of stuffing on baking sheet with hens.)
- ☐ Place hens (and extra stuffing) in oven. Roast hens until cooked through and juices run clear when thigh is pierced, about 45 minutes. (Roast stuffing 30 minutes.)
- ☐ Cut strings off hens.
- ☐ Transfer hens to plates. Spoon machee choux around hens and serve with extra stuffing.

Nutrition Facts



Properties

Glycemic Index: 53.44, Glycemic Load: 3.67, Inflammation Score: -7, Nutrition Score: 40.181304102359%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg, Epicatechin: 4.59mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg

Nutrients (% of daily need)

Calories: 1405.75kcal (70.29%), Fat: 101.69g (156.45%), Saturated Fat: 31.34g (195.88%), Carbohydrates: 14.07g (4.69%), Net Carbohydrates: 11.79g (4.29%), Sugar: 8.96g (9.96%), Cholesterol: 656.26mg (218.75%), Sodium:

1752.82mg (76.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 102.47g (204.93%), Copper: 4.89mg (244.3%), Vitamin B3: 33.23mg (166.13%), Selenium: 75.57µg (107.96%), Vitamin B6: 1.83mg (91.74%), Phosphorus: 875.44mg (87.54%), Vitamin B2: 1.08mg (63.48%), Zinc: 7.1mg (47.3%), Potassium: 1578.85mg (45.11%), Vitamin B5: 3.91mg (39.05%), Vitamin B12: 2.11µg (35.17%), Vitamin B1: 0.52mg (34.59%), Magnesium: 118.7mg (29.68%), Iron: 5.17mg (28.73%), Vitamin K: 22.2µg (21.14%), Vitamin A: 1036.14IU (20.72%), Manganese: 0.41mg (20.52%), Vitamin E: 2.69mg (17.97%), Calcium: 104.65mg (10.47%), Vitamin C: 8.55mg (10.36%), Folate: 36.84µg (9.21%), Fiber: 2.29g (9.14%), Vitamin D: 0.34µg (2.25%)