



Cornish Game Hen with Double-Cranberry and Thyme Sauce

READY IN



30 min.

SERVINGS



2

CALORIES



1041 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon all purpose flour
- ☐ 3 tablespoons butter divided
- ☐ 1.5 pound cornish game hen dry rinsed halved
- ☐ 0.3 cup cranberry juice cocktail concentrate frozen thawed
- ☐ 3 teaspoons thyme leaves fresh divided chopped
- ☐ 1 tablespoon brown sugar
- ☐ 0.8 cup low-salt chicken broth
- ☐ 0.3 cup cranberries dried sweetened

☐ 0.5 cup grape juice white

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ whisk

Directions

☐ Preheat oven to 450°F. Blend 2 tablespoons butter, sugar, and 2 teaspoons thyme in small bowl.

☐ Sprinkle hen halves with salt and pepper.

☐ Spread skin of each with half of butter mixture.

☐ Heat large nonstick skillet over medium-high heat.

☐ Add hen halves, skin side down. Sear until deep brown, about 4 minutes. Turn, skin side up, and sear 1 minute.

☐ Remove from heat.

☐ Transfer hen halves, skin side up, to small rimmed baking sheet. Reserve skillet (mixture will be dark). Roast hen halves until cooked through and juices run clear when pierced with fork, about 20 minutes.

☐ Meanwhile, blend remaining 1 tablespoon butter and 1/2 tablespoon flour in small bowl.

☐ Add broth, grape juice, cranberry concentrate, and remaining 1 teaspoon thyme to reserved skillet. Boil until sauce is reduced to 3/4 cup, whisking often, about 7 minutes.

☐ Whisk in flour mixture and cranberries. Simmer until sauce coats spoon, stirring often, about 2 minutes. Season with salt and pepper.

☐ Transfer hen halves to plates. Spoon sauce over and serve.

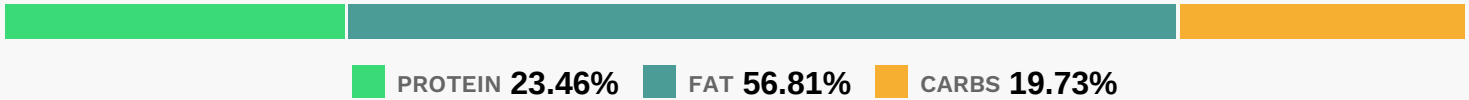
☐ : Look for the Cornish game hen in the frozen foods section of the supermarket. Or for easier preparation, buy one from the butcher and have him halve it and remove the backbone.

☐ One serving contains the following: Calories (kcal) 791.95; % Calories from Fat 52.5; Fat (g) 46.19; Saturated Fat (g) 18.83; Cholesterol (mg) 257.44; Carbohydrates (g) 55.57; Dietary Fiber

(g) 1.16; Total Sugars (g) 46.94; Net Carbs (g) 54.41; Protein (g) 37.59

☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:25.516521723374%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Petunidin: 0.65mg, Petunidin: 0.65mg, Petunidin: 0.65mg, Petunidin: 0.65mg Delphinidin: 1.23mg, Delphinidin: 1.23mg, Delphinidin: 1.23mg, Delphinidin: 1.23mg Malvidin: 7.07mg, Malvidin: 7.07mg, Malvidin: 7.07mg, Malvidin: 7.07mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 1041.45kcal (52.07%), Fat: 65.57g (100.88%), Saturated Fat: 24.23g (151.45%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 49.77g (18.1%), Sugar: 42.65g (47.39%), Cholesterol: 388.75mg (129.58%), Sodium: 376.58mg (16.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.94g (121.88%), Vitamin B3: 20.88mg (104.41%), Selenium: 41.15µg (58.79%), Vitamin B6: 1.07mg (53.6%), Phosphorus: 525.34mg (52.53%), Vitamin B2: 0.66mg (38.93%), Vitamin C: 24.61mg (29.83%), Potassium: 1004.74mg (28.71%), Zinc: 4.18mg (27.84%), Vitamin B5: 2.38mg (23.78%), Iron: 3.83mg (21.29%), Vitamin A: 1053.16IU (21.06%), Vitamin B12: 1.25µg (20.78%), Magnesium: 77.19mg (19.3%), Vitamin B1: 0.29mg (19.15%), Manganese: 0.37mg (18.45%), Copper: 0.26mg (13.14%), Vitamin E: 1.76mg (11.73%), Vitamin K: 11.04µg (10.52%), Calcium: 76.06mg (7.61%), Fiber: 1.48g (5.92%), Folate: 15.68µg (3.92%)