



Cornish Game Hens with Butternut Croutons



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



975 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 2 clementines unpeeled quartered
- ☐ 6 pound cornish game hens dry rinsed
- ☐ 6 servings butternut croutons
- ☐ 6 leaves sage fresh
- ☐ 2 teaspoons pepper divided freshly ground
- ☐ 4.5 teaspoons salt divided

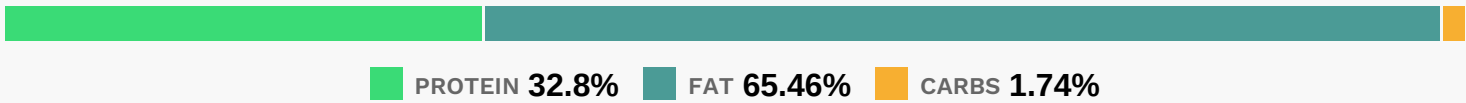
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Prepare Butternut Croutons, and set aside.
- ☐ Preheat oven to 45
- ☐ Season each hen cavity with 1/2 teaspoon salt and 1/4 teaspoon pepper, and insert 1 clementine quarter into each.
- ☐ Pull back breast skin of each hen gently, and insert 1 sage leaf. Replace skin, and use a presoaked wooden pick to secure skin to meat. Tuck wing tips under each hen, and tie legs together using butcher's twine.
- ☐ Arrange hens, tail to tail in 2 rows, on a rimmed baking sheet, making sure wing tips stay tucked. Rub hens with butter, and season with remaining 1 1/2 teaspoons salt and remaining 1/2 teaspoon pepper.
- ☐ Roast hens at 450 on middle oven rack 45 to 50 minutes or until hens are golden brown and reach an internal temperature of 16
- ☐ Transfer hens to a rack set over a platter, and cover loosely with heavy-duty aluminum foil. Allow hens to rest 5 minutes, and serve with warm Butternut Croutons.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:2.36, Inflammation Score:-5, Nutrition Score:27.664782638135%

Nutrients (% of daily need)

Calories: 974.77kcal (48.74%), Fat: 69.4g (106.77%), Saturated Fat: 21.27g (132.93%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.5g (1.27%), Sugar: 2.27g (2.53%), Cholesterol: 473.18mg (157.73%), Sodium: 2073.17mg (90.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.25g (156.5%), Vitamin B3: 25.96mg (129.82%), Selenium: 54.03µg (77.19%), Vitamin B6: 1.36mg (67.95%), Phosphorus: 644.11mg (64.41%), Vitamin B2: 0.78mg (46.17%), Zinc: 5.26mg (35.06%), Potassium: 1126.45mg (32.18%), Vitamin B5: 2.82mg (28.21%), Vitamin B12: 1.51µg

(25.15%), Vitamin B1: 0.36mg (23.98%), Magnesium: 85.82mg (21.45%), Iron: 3.7mg (20.55%), Copper: 0.37mg (18.39%), Vitamin C: 14.31mg (17.34%), Vitamin A: 668.46IU (13.37%), Vitamin K: 12.47µg (11.87%), Vitamin E: 1.49mg (9.92%), Manganese: 0.18mg (8.84%), Calcium: 64.03mg (6.4%), Folate: 21.17µg (5.29%), Fiber: 0.64g (2.57%)