



Cornish Game Hens with Garlic and Rosemary



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



4

CALORIES



1047 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cornish game hens
- ☐ 4 sprigs rosemary fresh for garnish
- ☐ 24 cloves garlic
- ☐ 1 optional: lemon quartered
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup white wine

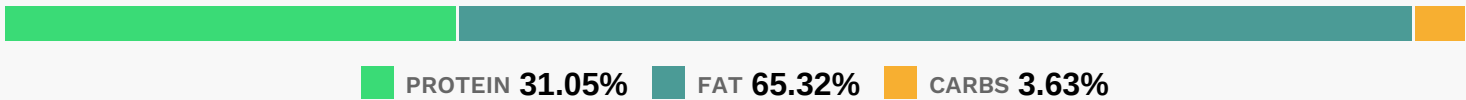
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Rub hens with 1 tablespoon of the olive oil. Lightly season hens with salt and pepper.
- ☐ Place 1 lemon wedge and 1 sprig rosemary in cavity of each hen. Arrange in a large, heavy roasting pan, and arrange garlic cloves around hens. Roast in preheated oven for 25 minutes.
- ☐ Reduce oven temperature to 350 degrees F (175 degrees C). In a mixing bowl, whisk together wine, chicken broth, and remaining 2 tablespoons of oil; pour over hens. Continue roasting about 25 minutes longer, or until hens are golden brown and juices run clear. Baste with pan juices every 10 minutes.
- ☐ Transfer hens to a platter, pouring any cavity juices into the roasting pan. Tent hens with aluminum foil to keep warm.
- ☐ Transfer pan juices and garlic cloves to a medium saucepan and boil until liquids reduce to a sauce consistency, about 6 minutes.
- ☐ Cut hens in half lengthwise and arrange on plates. Spoon sauce and garlic around hens.
- ☐ Garnish with rosemary sprigs, and serve.

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:2.2, Inflammation Score:-6, Nutrition Score:30.177391466887%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.61mg, Hesperetin: 7.61mg, Hesperetin: 7.61mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 1047.15kcal (52.36%), Fat: 73.88g (113.67%), Saturated Fat: 19.02g (118.87%), Carbohydrates: 9.25g (3.08%), Net Carbohydrates: 8.1g (2.95%), Sugar: 1.07g (1.19%), Cholesterol: 454.5mg (151.5%), Sodium: 479.03mg (20.83%), Alcohol: 2.06g (100%), Alcohol %: 0.48% (100%), Protein: 79.03g (158.05%), Vitamin B3: 25.98mg (129.91%), Selenium: 55.78µg (79.69%), Vitamin B6: 1.58mg (79.23%), Phosphorus: 671.43mg (67.14%), Vitamin B2: 0.8mg (47.01%), Zinc: 5.45mg (36.3%), Potassium: 1203.37mg (34.38%), Vitamin B5: 2.91mg (29.09%), Vitamin C: 22.2mg (26.91%), Vitamin B1: 0.38mg (25.09%), Vitamin B12: 1.5µg (25.08%), Iron: 4.14mg (23%), Magnesium: 89.95mg (22.49%), Manganese: 0.41mg (20.3%), Vitamin E: 2.83mg (18.85%), Vitamin K: 17.51µg (16.67%), Copper: 0.3mg (14.78%), Vitamin A: 496.48IU (9.93%), Calcium: 92.23mg (9.22%), Fiber: 1.15g (4.59%), Folate: 17.32µg (4.33%)