



Cornish Game Hens with Pancetta, Juniper Berries and Beets



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



1701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 medium beets with greens, beets peeled and cut into 1/2-inch pieces, greens finely chopped



6 pound cornish game hens



1 tablespoon juniper berries coarsely chopped



3 tablespoons olive oil



0.5 pound thick pancetta finely chopped

Equipment



bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ roasting pan
- ☐ measuring cup

Directions

- ☐ Position 1 rack in top third of oven and second rack in bottom third of oven and preheat to 375°F.
- ☐ Mix 1 1/2 cups chopped beet greens, pancetta and juniper berries in medium bowl. Season to taste with salt and pepper. Fill hen cavities with pancetta mixture, dividing equally. Tie hen legs together.
- ☐ Place hens in heavy large roasting pan. Rub 1 tablespoon olive oil over hens.
- ☐ Sprinkle hens with salt and pepper. (Can be prepared 8 hours ahead. Cover and refrigerate.)
- ☐ Roast hens on bottom rack in oven until golden and juices run clear when thickest part of thigh is pierced, about 1 hour 15 minutes.
- ☐ Meanwhile, toss chopped beets with remaining 2 tablespoons olive oil on heavy large baking sheet. Season with salt and pepper. Arrange beets in single layer. Roast beets on top rack in oven until tender and beginning to caramelize, stirring occasionally, about 45 minutes.
- ☐ Transfer hens to plates.
- ☐ Remove string. Scrape up any browned bits from bottom of roasting pan.
- ☐ Pour pan juices through sieve into 2-cup glass measuring cup. Spoon fat off top of pan juices.
- ☐ Spoon beets around hens.
- ☐ Drizzle pan juices around hens and serve.
- ☐ *Pancetta, Italian bacon cured in salt, is available at Italian markets and some specialty foods stores nationwide.

Nutrition Facts



PROTEIN 29.79% **FAT 69.73%** **CARBS 0.48%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:38.012173704479%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 1701.14kcal (85.06%), Fat: 128.99g (198.45%), Saturated Fat: 35.45g (221.59%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 2g (0.73%), Sugar: 0g (0%), Cholesterol: 724.61mg (241.54%), Sodium: 790.85mg (34.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 124g (248.01%), Vitamin B3: 40.9mg (204.49%), Selenium: 91.69µg (130.98%), Vitamin B6: 2.16mg (107.94%), Phosphorus: 1034.58mg (103.46%), Vitamin B2: 1.2mg (70.77%), Zinc: 8.5mg (56.64%), Potassium: 1719.81mg (49.14%), Vitamin B5: 4.46mg (44.59%), Vitamin B1: 0.65mg (43.56%), Vitamin B12: 2.53µg (42.15%), Magnesium: 129.38mg (32.35%), Iron: 5.6mg (31.14%), Vitamin E: 3.66mg (24.41%), Vitamin K: 22.65µg (21.57%), Copper: 0.36mg (17.89%), Vitamin A: 767.16IU (15.34%), Calcium: 77.91mg (7.79%), Manganese: 0.12mg (5.83%), Folate: 20.78µg (5.2%), Vitamin C: 3.63mg (4.4%), Vitamin D: 0.23µg (1.51%)