



## Cornish Game Hens with Pomegranate Molasses

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



1215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup chicken stock see
- 4 cornish game hens split
- 2 cloves garlic smashed
- 4 servings kosher salt
- 4 servings olive oil extra-virgin
- 12 fluid ounces pomegranate molasses
- 2 tablespoons scallion greens sliced for garnish thin

## Equipment

- frying pan
- sauce pan
- oven
- kitchen twine

## Directions

- Preheat the oven to 350 degrees F.
- Tie each hen's legs together with butcher's twine or a blanched scallion green.
- Coat a large saute pan with olive oil and bring to medium-high heat. Season the hens on both sides generously with salt. Carefully lay the hens in the pan, skin side down, and cook until the skin becomes brown and crispy, 6 to 7 minutes. Turn the hens over and brown on the flesh side. Do not crowd your pan, you may need to do this in batches.
- Remove the hens to a sheet tray.
- Meanwhile, combine the molasses and garlic in a saucepan over medium heat. Bring the molasses to a boil and reduce by half until syrupy, about 20 minutes.
- Brush the hens on both sides with the reduced molasses.
- Put the hens in the oven and roast until they are cooked through, basting occasionally, about 20 minutes.
- Remove the hens from the oven and garnish with the sliced scallions.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:27.299130374971%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg,

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## **Nutrients (% of daily need)**

Calories: 1215.17kcal (60.76%), Fat: 77.46g (119.17%), Saturated Fat: 19.54g (122.1%), Carbohydrates: 41.7g (13.9%), Net Carbohydrates: 41.59g (15.12%), Sugar: 31.61g (35.12%), Cholesterol: 455.4mg (151.8%), Sodium: 512.21mg (22.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.08g (156.16%), Vitamin B3: 26.04mg (130.19%), Selenium: 53.99µg (77.13%), Vitamin B6: 1.37mg (68.31%), Phosphorus: 641.5mg (64.15%), Vitamin B2: 0.79mg (46.74%), Zinc: 5.25mg (34.98%), Potassium: 1107.98mg (31.66%), Vitamin B5: 2.75mg (27.52%), Vitamin B12: 1.49µg (24.75%), Vitamin K: 25.52µg (24.31%), Vitamin B1: 0.34mg (22.91%), Vitamin E: 3.3mg (22.02%), Magnesium: 83.18mg (20.79%), Iron: 3.72mg (20.68%), Copper: 0.24mg (12.19%), Vitamin A: 516.95IU (10.34%), Calcium: 55.53mg (5.55%), Manganese: 0.1mg (5.12%), Folate: 16.97µg (4.24%), Vitamin C: 3.34mg (4.05%)