



Cornish Hen in Port Wine and Fig Preserves



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 1 cornish game hen
- ☐ 0.3 cup fig preserves
- ☐ 2 sprigs rosemary fresh
- ☐ 0.3 cup port wine
- ☐ 2 servings salt

Equipment

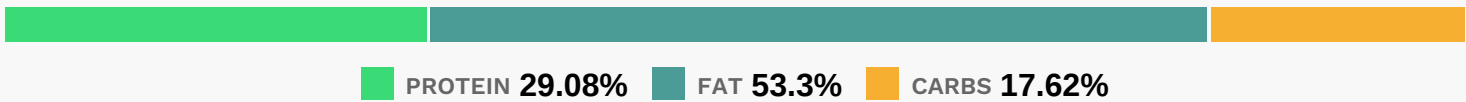
- ☐ bowl

☐ slow cooker

Directions

- ☐ Coat the inside of a 3 1/2-quart slow cooker with cooking spray, if desired.
- ☐ Sprinkle the hen liberally with salt and pepper. Insert rosemary into cavity.
- ☐ Transfer hen to the slow cooker.
- ☐ Stir together the fig preserves and port wine in a small bowl and pour over hen.
- ☐ Cover and cook on High for 5 hours.
- ☐ Taste, and season again with salt and pepper.
- ☐ Serve sauce over hen.
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Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:10.45, Inflammation Score:-4, Nutrition Score:14.177826140238%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 576.22kcal (28.81%), Fat: 31.57g (48.57%), Saturated Fat: 8.76g (54.75%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 23.14g (8.41%), Sugar: 15.91g (17.68%), Cholesterol: 227.25mg (75.75%), Sodium: 342.75mg (14.9%), Alcohol: 4.59g (100%), Alcohol %: 2.05% (100%), Protein: 38.76g (77.53%), Vitamin B3: 12.84mg (64.22%), Selenium: 27.27µg (38.95%), Vitamin B6: 0.67mg (33.5%), Phosphorus: 323.24mg (32.32%), Vitamin B2: 0.41mg (24.09%), Zinc: 2.63mg (17.52%), Potassium: 582.2mg (16.63%), Vitamin B5: 1.39mg (13.88%), Vitamin B12: 0.74µg (12.38%), Vitamin B1: 0.17mg (11.62%), Magnesium: 44.59mg (11.15%), Iron: 1.98mg (11.01%), Copper: 0.15mg (7.68%), Vitamin K: 5.56µg (5.3%), Vitamin A: 246.47IU (4.93%), Manganese: 0.1mg (4.86%), Vitamin E: 0.66mg (4.43%),

Vitamin C: 3.61mg (4.38%), Calcium: 33.63mg (3.36%), Folate: 9.96μg (2.49%), Fiber: 0.35g (1.39%)