



Cornish Hen with Bulgur-Bacon Stuffing

 Dairy Free

READY IN



130 min.

SERVINGS



2

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slice bacon chopped
- 0.3 cup onion chopped
- 0.3 cup water
- 1 teaspoon chicken soup base
- 3 tablespoons bulgur uncooked
- 0.3 cup zucchini shredded
- 0.3 cup mushrooms fresh chopped
- 0.5 teaspoon thyme leaves dried fresh chopped

- 1.5 lb cornish game hens
- 1 tablespoon butter melted

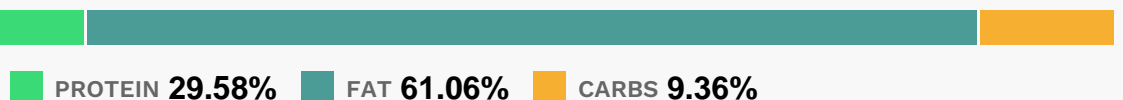
Equipment

- sauce pan
- oven
- roasting pan
- kitchen thermometer
- skewers
- kitchen scissors

Directions

- In 1-quart saucepan, cook bacon and onion over medium-high heat, stirring frequently, until bacon is cooked and onion is tender.
- Drain bacon and onion. In same saucepan, heat water and bouillon granules to boiling. Stir in bulgur; remove from heat. Cover and let stand 15 minutes. Stir in bacon mixture, zucchini, mushrooms and thyme.
- Heat oven to 350°F. Fill body cavity of hen with stuffing. Fasten opening with skewer.
- Place hen, breast side up, on rack in shallow roasting pan.
- Place meat thermometer in thigh muscle so tip does not touch bone.
- Brush with some of the butter.
- Bake uncovered 1 hour to 1 hour 15 minutes, brushing occasionally with remaining butter, until juice of hens is clear when thickest pieces are cut to bone (at least 165°F).
- Remove stuffing from body cavity.
- Cut hen in half along backbone from tail to neck with kitchen scissors.
- Serve each hen half with stuffing.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:6.57, Inflammation Score:-8, Nutrition Score:27.144782530225%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 868.89kcal (43.44%), Fat: 58.25g (89.61%), Saturated Fat: 15.98g (99.88%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 15.33g (5.58%), Sugar: 1.74g (1.93%), Cholesterol: 350.99mg (117%), Sodium: 593.03mg (25.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.49g (126.99%), Vitamin B3: 21.44mg (107.22%), Selenium: 44.39µg (63.42%), Vitamin B6: 1.17mg (58.69%), Phosphorus: 584.46mg (58.45%), Vitamin B2: 0.69mg (40.6%), Manganese: 0.8mg (40.03%), Zinc: 4.63mg (30.86%), Potassium: 1032.47mg (29.5%), Magnesium: 106.67mg (26.67%), Vitamin B5: 2.61mg (26.14%), Vitamin B1: 0.36mg (23.87%), Vitamin B12: 1.19µg (19.87%), Iron: 3.5mg (19.45%), Fiber: 4.74g (18.98%), Copper: 0.31mg (15.37%), Vitamin A: 679.04IU (13.58%), Vitamin K: 9.33µg (8.89%), Vitamin C: 7.03mg (8.52%), Vitamin E: 1.26mg (8.39%), Folate: 26.37µg (6.59%), Calcium: 60.06mg (6.01%)