



Cornish Hen with Chutney Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pound cornish hen
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons mango chutney chopped

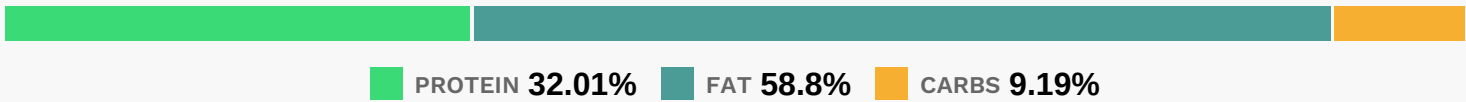
Equipment

- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ roasting pan

Directions

- ☐ Preheat oven to 32
- ☐ Remove and discard skin and giblets from hen. Rinse hen thoroughly with cold water; pat dry with paper towels. Split hen in half lengthwise, using an electric knife.
- ☐ Place hen halves, cut sides down, on a rack in a roasting pan coated with cooking spray.
- ☐ Combine chutney and mustard; brush one-third of chutney mixture over hen halves.
- ☐ Bake, uncovered, at 325 for 50 to 55 minutes or until hen halves are done, basting twice with remaining chutney mixture.
- ☐ Note: Reduce your intake of saturated fat and cholesterol by removing the skin from chicken, turkey, and Cornish hens either before or after cooking.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:7.47, Inflammation Score:-3, Nutrition Score:17.492174231488%

Nutrients (% of daily need)

Calories: 625.64kcal (31.28%), Fat: 39.93g (61.43%), Saturated Fat: 11.04g (69.02%), Carbohydrates: 14.05g (4.68%), Net Carbohydrates: 13.61g (4.95%), Sugar: 9.77g (10.86%), Cholesterol: 286.33mg (95.44%), Sodium: 234.33mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.91g (97.81%), Vitamin B3: 16.12mg (80.62%), Selenium: 35.55µg (50.79%), Vitamin B6: 0.84mg (42.19%), Phosphorus: 406.09mg (40.61%), Vitamin B2: 0.5mg (29.44%), Zinc: 3.3mg (22.03%), Potassium: 691.95mg (19.77%), Vitamin B5: 1.75mg (17.45%), Vitamin B12: 0.94µg (15.59%), Vitamin B1: 0.22mg (14.64%), Magnesium: 54.23mg (13.56%), Iron: 2.39mg (13.27%), Copper: 0.16mg (8.13%), Vitamin K: 6.88µg (6.55%), Vitamin A: 309.72IU (6.19%), Vitamin E: 0.84mg (5.57%), Vitamin C: 3.2mg (3.88%), Calcium: 38.33mg (3.83%), Manganese: 0.07mg (3.71%), Folate: 11.05µg (2.76%), Fiber: 0.44g (1.74%)