

Cornish Hens

READY IN



60 min.

SERVINGS



2

CALORIES



2276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 servings pepper black freshly ground
- ☐ 1 celery stalk diced
- ☐ 0.3 cup chicken stock see
- ☐ 2.5 cups cornbread
- ☐ 2 cornish game hens
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 servings kosher salt

- ☐ 2 servings olive oil
- ☐ 1 large onion spanish sliced
- ☐ 4 tablespoons butter unsalted
- ☐ 1 cup onion yellow chopped

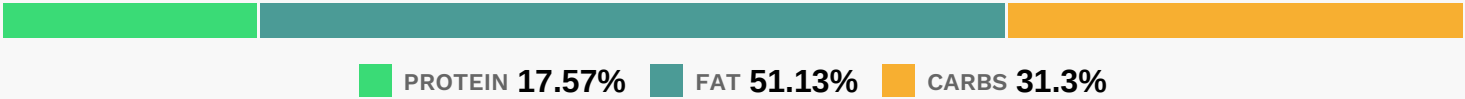
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen twine

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees F.
- ☐ Place the sliced onion in the bottom of a roasting pan.
- ☐ Remove the giblets from the hens, and rinse them inside and out.
- ☐ Remove any excess fat and leftover pinfeathers and pat the outsides dry.
- ☐ Place the hens on top of the sliced onion.
- ☐ Pack the cavities of the hens with the cornbread stuffing.
- ☐ Tie the legs together with kitchen string and tuck the wing tips under the body of the hens. Rub the hens with olive oil and sprinkle with salt and pepper.
- ☐ Roast the hens for 30 minutes, or until the juices run clear when you cut between a leg and thigh.
- ☐ Melt the butter in a large saute pan.
- ☐ Add the onion and cook for 5 minutes over medium-low heat, until translucent. Break the cornbread into pieces and place the pieces in a large bowl.
- ☐ Add the onion mixture to the cornbread.
- ☐ Add the celery, chicken stock, parsley, salt and pepper, and mix together.

Nutrition Facts



Properties

Glycemic Index:91, Glycemic Load:3.29, Inflammation Score:-9, Nutrition Score:53.390000332957%

Flavonoids

Apigenin: 8.7mg, Apigenin: 8.7mg, Apigenin: 8.7mg, Apigenin: 8.7mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 7.77mg, Isorhamnetin: 7.77mg, Isorhamnetin: 7.77mg, Isorhamnetin: 7.77mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 31.48mg, Quercetin: 31.48mg, Quercetin: 31.48mg, Quercetin: 31.48mg

Nutrients (% of daily need)

Calories: 2275.84kcal (113.79%), Fat: 128.69g (197.99%), Saturated Fat: 45.02g (281.4%), Carbohydrates: 177.26g (59.09%), Net Carbohydrates: 167.58g (60.94%), Sugar: 54.44g (60.49%), Cholesterol: 684.17mg (228.06%), Sodium: 2877.48mg (125.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 99.53g (199.06%), Phosphorus: 1849.45mg (184.94%), Vitamin B3: 32.18mg (160.9%), Selenium: 80.58µg (115.11%), Vitamin K: 99.57µg (94.83%), Vitamin B6: 1.79mg (89.51%), Vitamin B2: 1.37mg (80.3%), Vitamin B1: 0.98mg (65.19%), Iron: 9.75mg (54.15%), Folate: 214.8µg (53.7%), Zinc: 7.54mg (50.26%), Potassium: 1752.16mg (50.06%), Calcium: 500.5mg (50.05%), Manganese: 0.98mg (49.23%), Vitamin B5: 4.7mg (47.03%), Vitamin A: 2028.49IU (40.57%), Fiber: 9.69g (38.76%), Magnesium: 151.37mg (37.84%), Vitamin B12: 2.21µg (36.88%), Vitamin E: 5.51mg (36.75%), Copper: 0.53mg (26.47%), Vitamin C: 19.46mg (23.59%), Vitamin D: 0.42µg (2.8%)