



Cornish Hens Provençale



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



809 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 14.5 ounce canned tomatoes whole drained chopped canned
- ☐ 3 pound cornish game hens
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground turmeric

- ☐ 1.8 cups leek chopped
- ☐ 1 tablespoon olive oil
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

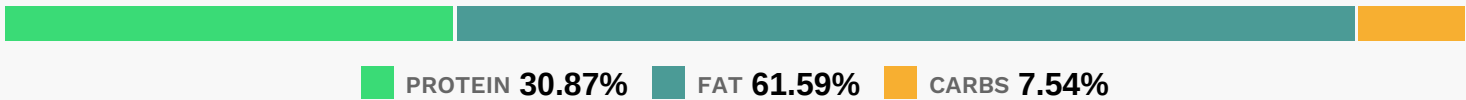
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 37
- ☐ Remove and discard giblets and neck from hens. Rinse hens under cold water; pat dry. Split each hen in half lengthwise. Trim excess fat.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add hens; cook until hens are lightly browned on both sides, turning occasionally.
- ☐ Remove hens from pan.
- ☐ Add leek; saut until tender.
- ☐ Place leek and hens, meaty sides up, in an 11 x 7-inch baking dish.
- ☐ Combine tomatoes and next 9 ingredients; pour over hens. Cover and bake at 375 for 20 minutes. Uncover and bake 10 more minutes or until a meat thermometer registers 18
- ☐ Remove and discard bay leaf.
- ☐ carbo rating: 8

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:30.308261000592%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 808.62kcal (40.43%), Fat: 54.16g (83.33%), Saturated Fat: 14.12g (88.27%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 11.47g (4.17%), Sugar: 6.34g (7.05%), Cholesterol: 343.6mg (114.53%), Sodium: 862.53mg (37.5%), Alcohol: 1.54g (100%), Alcohol %: 0.36% (100%), Protein: 61.08g (122.16%), Vitamin B3: 20.97mg (104.86%), Vitamin B6: 1.28mg (64.11%), Selenium: 42.06µg (60.09%), Phosphorus: 532.87mg (53.29%), Vitamin B2: 0.66mg (38.58%), Vitamin K: 38.86µg (37.01%), Potassium: 1220.91mg (34.88%), Iron: 5.55mg (30.81%), Zinc: 4.32mg (28.78%), Manganese: 0.53mg (26.57%), Vitamin A: 1311.85IU (26.24%), Vitamin E: 3.74mg (24.97%), Vitamin B5: 2.46mg (24.61%), Magnesium: 98.28mg (24.57%), Vitamin B1: 0.36mg (23.91%), Copper: 0.44mg (21.78%), Vitamin B12: 1.18µg (19.66%), Vitamin C: 16.1mg (19.51%), Fiber: 3.45g (13.8%), Folate: 50.52µg (12.63%), Calcium: 112.94mg (11.29%)