



Cornish Hens with Apple-Raisin Stuffing

 **Gluten Free**  **Dairy Free**

READY IN



105 min.

SERVINGS



8

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 0.5 cup spring onion chopped (8 medium)
- 1 baker's chocolate red unpeeled chopped
- 4 cups rice vinegar dry
- 0.5 cup raisins
- 0.3 teaspoon salt
- 0.3 teaspoon ground allspice
- 0.3 cup apple juice

- 96 oz cornish game hens frozen thawed
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 0.3 cup apple jelly
- 2 tablespoons butter

Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350°F. In 10-inch skillet, melt 3 tablespoons butter over medium-high heat.
- Add onions and apple; cook and stir until tender. Stir in remaining stuffing ingredients. In ungreased 15x10x1-inch pan, spread stuffing.
- Split each game hen in half.
- Sprinkle lightly with salt and pepper.
- Place hen halves, skin side up, over stuffing. In 1-quart saucepan, melt jelly with 2 tablespoons butter over low heat; brush over hens.
- Bake uncovered 1 hour to 1 hour 15 minutes or until hens are fork-tender and until juice of hens is clear when thickest pieces are cut to bone (at least 165°F).

Nutrition Facts



PROTEIN 29.66% **FAT 62.27%** **CARBS 8.07%**

Properties

Glycemic Index:35.44, Glycemic Load:8.26, Inflammation Score:-5, Nutrition Score:22.62565234433%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol:

0.09mg, Kaempferol: 0.09mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 829.05kcal (41.45%), Fat: 54.89g (84.44%), Saturated Fat: 14.76g (92.24%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 15.05g (5.47%), Sugar: 6.1g (6.77%), Cholesterol: 343.6mg (114.53%), Sodium: 445.26mg (19.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.84g (117.67%), Vitamin B3: 19.46mg (97.28%), Selenium: 41.11µg (58.72%), Vitamin B6: 1.03mg (51.45%), Phosphorus: 495.68mg (49.57%), Vitamin B2: 0.61mg (36.04%), Zinc: 3.99mg (26.58%), Potassium: 919.24mg (26.26%), Vitamin B5: 2.09mg (20.94%), Vitamin K: 21.17µg (20.16%), Vitamin B12: 1.13µg (18.86%), Vitamin B1: 0.27mg (17.76%), Iron: 3.11mg (17.28%), Magnesium: 68.1mg (17.03%), Vitamin A: 743.3IU (14.87%), Copper: 0.22mg (11.17%), Manganese: 0.18mg (9.01%), Vitamin E: 1.27mg (8.48%), Calcium: 58.25mg (5.82%), Vitamin C: 4.41mg (5.35%), Folate: 15.8µg (3.95%), Fiber: 0.95g (3.81%)