



Cornish Hens with Apple-Raisin Stuffing

 Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples red unpeeled chopped
- 0.3 cup apple jelly
- 0.3 cup apple juice
- 4 cups unseasoned bread cubes dry
- 2 tablespoons butter
- 3 tablespoons butter
- 96 oz cornish game hens frozen thawed
- 0.5 cup spring onion chopped (8 medium)

- 0.3 teaspoon ground allspice
- 0.1 teaspoon pepper
- 0.5 cup raisins
- 0.3 teaspoon salt

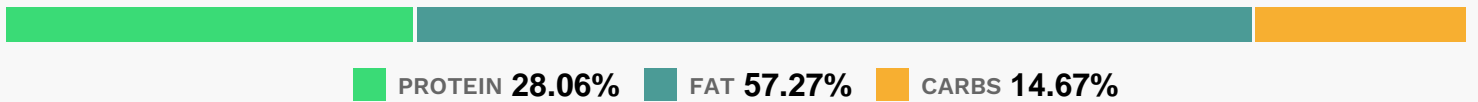
Equipment

- frying pan
- sauce pan
- oven

Directions

- Heat oven to 350F. 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 165F).

Nutrition Facts



Properties

Glycemic Index:40.53, Glycemic Load:16.21, Inflammation Score:-6, Nutrition Score:26.096521730008%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 894.02kcal (44.7%), Fat: 56.13g (86.36%), Saturated Fat: 14.92g (93.25%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 29.75g (10.82%), Sugar: 10.01g (11.13%), Cholesterol: 343.6mg (114.53%), Sodium: 502.67mg (21.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.87g (123.75%), Vitamin B3: 21.04mg (105.2%), Selenium: 48.52µg (69.32%), Vitamin B6: 1.07mg (53.47%), Phosphorus: 528.7mg (52.87%), Vitamin B2: 0.69mg (40.53%), Zinc: 4.26mg (28.42%), Potassium: 979.46mg (27.98%), Vitamin B1: 0.39mg (25.68%), Vitamin B5: 2.34mg (23.38%), Iron: 4.09mg (22.7%), Manganese: 0.45mg (22.32%), Vitamin K: 23.03µg (21.93%), Magnesium: 79.04mg (19.76%), Vitamin B12: 1.13µg (18.86%), Vitamin A: 756.14IU (15.12%), Copper: 0.26mg (12.96%), Fiber: 2.6g (10.39%), Folate: 40.24µg (10.06%), Vitamin E: 1.37mg (9.11%), Calcium: 86.79mg (8.68%), Vitamin C: 5.51mg (6.68%)