



Cornish Hens With Barley-Mushroom Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



854 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup barley uncooked
- ☐ 2.5 cups chicken broth
- ☐ 4.5 pound cornish game hens
- ☐ 1.5 tablespoons cooking sherry dry
- ☐ 1.5 cups mushrooms fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 4 green onions chopped
- ☐ 6 servings garnish: green onions

- ☐ 1.5 tablespoons honey
- ☐ 0.3 cup soya sauce
- ☐ 0.8 cup water chestnuts chopped

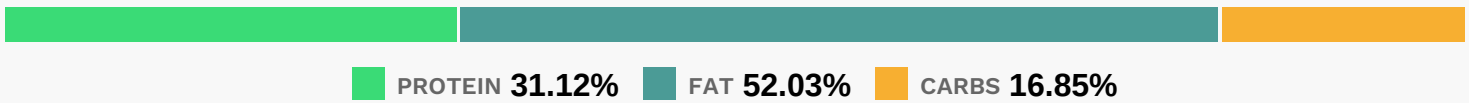
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Place hens in a large heavy-duty zip-top plastic bag.
- ☐ Stir together soy sauce and next 3 ingredients; pour into cavities and over hens. Seal and chill, turning often, 3 to 4 hours.
- ☐ Bring barley and broth to a boil in a saucepan; cover, reduce heat, and simmer 45 minutes or until liquid is absorbed.
- ☐ Remove from heat; stir in mush-rooms, water chestnuts, and chopped green onions.
- ☐ Remove hens from marinade, reserving marinade.
- ☐ Stuff hen cavities with barley mixture, reserving extra mixture.
- ☐ Place hens, breast side up, on a rack in a shallow roasting pan.
- ☐ Bake at 375 for 1 hour and 30 minutes or until a meat thermometer inserted into stuffing registers 165, basting occasionally with reserved marinade.
- ☐ Serve with reserved barley mixture.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:36.55, Glycemic Load:8.96, Inflammation Score:-6, Nutrition Score:31.759130532327%

Flavonoids

Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 854.21kcal (42.71%), Fat: 48.75g (75.01%), Saturated Fat: 13.42g (83.87%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 28.37g (10.32%), Sugar: 7.12g (7.92%), Cholesterol: 345.55mg (115.18%), Sodium: 1301.82mg (56.6%), Alcohol: 0.39g (100%), Alcohol %: 0.09% (100%), Protein: 65.6g (131.2%), Vitamin B3: 22.55mg (112.76%), Selenium: 54.93µg (78.47%), Vitamin B6: 1.24mg (61.89%), Phosphorus: 614.12mg (61.41%), Vitamin B2: 0.86mg (50.85%), Manganese: 0.85mg (42.49%), Vitamin K: 37.92µg (36.11%), Zinc: 5.26mg (35.04%), Vitamin B1: 0.51mg (33.86%), Potassium: 1161.74mg (33.19%), Magnesium: 116.05mg (29.01%), Fiber: 7.15g (28.59%), Iron: 4.89mg (27.17%), Vitamin B5: 2.65mg (26.55%), Copper: 0.49mg (24.34%), Vitamin B12: 1.15µg (19.2%), Vitamin A: 515.69IU (10.31%), Vitamin E: 1.47mg (9.79%), Folate: 34.19µg (8.55%), Calcium: 67.38mg (6.74%), Vitamin C: 5.43mg (6.58%)