



Cornish Hens with Fruit, Walnuts, and Honey Apple Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1019 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 2 tablespoons butter melted
- ☐ 0.3 teaspoon cinnamon
- ☐ 2.5 pounds cornish game hens halved
- ☐ 0.7 cup apricots dried cut into thin slices
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon fresh-ground pepper black

- ☐ 2 tablespoons honey
- ☐ 0.7 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 2 tart apples diced such as granny smith, peeled, cored, and
- ☐ 1 cup walnuts chopped

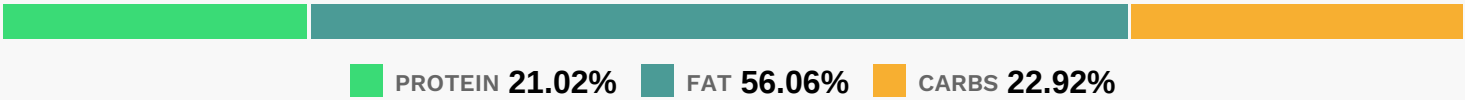
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat the oven to 42
- ☐ In a roasting pan, combine the apples, apricots, raisins, walnuts, cinnamon, and butter.
- ☐ Spread the mixture over the bottom of the pan.
- ☐ In a small bowl, combine the apple juice, honey, thyme, and 1/4 teaspoon of the salt to make a glaze.
- ☐ Sprinkle the Cornish hens with the remaining 1/4 teaspoon salt and the pepper and set them breast-side down on top of the fruit-and-nut mixture.
- ☐ Brush the hens with some of the glaze and then cook for 10 minutes.
- ☐ Remove the roasting pan from the oven. Stir the fruit-and-nut mixture and turn the hens over.
- ☐ Brush them with more of the glaze, return the pan to the oven, and cook until just done, about 15 minutes longer. Glaze the hens one final time and serve them with the fruit-and-nut dressing.
- ☐ Menu Suggestions: Earthy wild rice or bulgar pilaf will balance the sweet fruit dressing here.
- ☐ Wine Recommendation: The fruits and nuts in this dish will pair well with the rich texture and flavor of a Tokay Pinot Gris, a white from Alsace in France. A red wine with plenty of fruit flavor, such as a grenache from California, would be another good match.

Nutrition Facts



Properties

Glycemic Index:81.06, Glycemic Load:23.15, Inflammation Score:-8, Nutrition Score:29.666521569957%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg, Catechin: 1.38mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg, Epicatechin: 7.58mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 1019.39kcal (50.97%), Fat: 64.92g (99.88%), Saturated Fat: 16.5g (103.12%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 52.18g (18.97%), Sugar: 31.92g (35.46%), Cholesterol: 301.38mg (100.46%), Sodium: 520.17mg (22.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.78g (109.55%), Vitamin B3: 17.36mg (86.81%), Manganese: 1.25mg (62.73%), Vitamin B6: 1.11mg (55.68%), Phosphorus: 545.2mg (54.52%), Selenium: 35.69µg (50.99%), Copper: 0.78mg (39.22%), Potassium: 1371.68mg (39.19%), Vitamin B2: 0.62mg (36.41%), Fiber: 7.54g (30.17%), Magnesium: 117.54mg (29.38%), Zinc: 4.37mg (29.13%), Vitamin A: 1320.54IU (26.41%), Iron: 4.54mg (25.22%), Vitamin B1: 0.36mg (23.77%), Vitamin B5: 2.1mg (20.96%), Vitamin B12: 0.95µg (15.79%), Vitamin E: 2.27mg (15.16%), Vitamin K: 12.07µg (11.5%), Folate: 43.41µg (10.85%), Vitamin C: 7.73mg (9.37%), Calcium: 90.71mg (9.07%)