




 **54%**  
HEALTH SCORE

# Cornish Hens With Savory-Sweet Stuffing


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

READY IN




**20 min.**

SERVINGS



**2**

CALORIES



**1532 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 1 cup butternut squash peeled seeded cut into 1/2-inch cubes
- 3 lb cornish game hens
- 0.3 cup cranberries dried
- 1 cup fennel bulb white coarsely chopped
- 1 golden delicious apple
- 1 teaspoon olive oil
- 0.5 teaspoon pepper divided
- 1.5 teaspoons salt divided

1 medium shallots coarsely chopped

## Equipment

bowl

oven

baking pan

kitchen thermometer

aluminum foil

## Directions

Rinse hens with cold water; pat dry.

Combine 1 tsp. salt and 1/4 tsp. pepper.

Sprinkle cavities and outside of hens evenly with salt mixture. Set hens aside.

Peel apple, and cut into 1-inch cubes.

Combine apple, remaining 1/2 tsp. salt, remaining 1/4 tsp. pepper, squash, and next 4 ingredients in a medium bowl, tossing to coat.

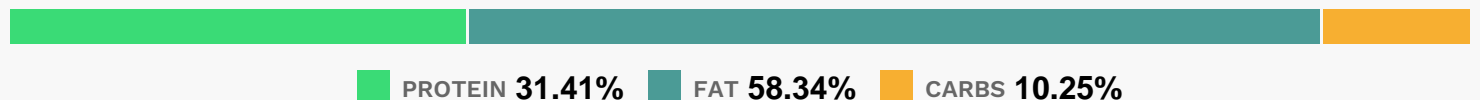
Stuff hen cavities with apple mixture; place extra mixture in a lightly greased 11- x 7-inch baking dish.

Place hens on top of apple mixture; cover tightly with aluminum foil.

Bake at 350 for 45 minutes; remove foil, and bake 45 more minutes or until meat juices run clear and an instant-read thermometer inserted into thigh registers 180 and internal temperature in center of stuffing registers 19

Remove from oven; let stand 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:73, Glycemic Load:5.37, Inflammation Score:-10, Nutrition Score:47.585217185642%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

## **Nutrients (% of daily need)**

Calories: 1532.23kcal (76.61%), Fat: 97.88g (150.58%), Saturated Fat: 26.82g (167.62%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 32.44g (11.8%), Sugar: 24.37g (27.08%), Cholesterol: 687.19mg (229.06%), Sodium: 2188.78mg (95.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 118.57g (237.14%), Vitamin B3: 39.93mg (199.65%), Vitamin A: 8283.75IU (165.68%), Selenium: 81.21µg (116.01%), Vitamin B6: 2.23mg (111.61%), Phosphorus: 1016mg (101.6%), Vitamin B2: 1.22mg (71.52%), Potassium: 2179.41mg (62.27%), Zinc: 8.13mg (54.19%), Vitamin K: 49.33µg (46.98%), Vitamin B5: 4.67mg (46.68%), Magnesium: 162.35mg (40.59%), Vitamin B1: 0.6mg (39.83%), Vitamin B12: 2.25µg (37.42%), Iron: 6.52mg (36.2%), Vitamin C: 24.35mg (29.52%), Vitamin E: 3.95mg (26.3%), Manganese: 0.51mg (25.51%), Fiber: 6.26g (25.05%), Copper: 0.47mg (23.42%), Folate: 58.12µg (14.53%), Calcium: 144.52mg (14.45%)