



Cornish Hens with Scallion Butter and Lime

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter at room temperature
- ☐ 2.5 pounds cornish game hens halved
- ☐ 1 teaspoon cumin
- ☐ 4 servings fresh-ground pepper black
- ☐ 4 servings lime wedges for serving
- ☐ 1 teaspoon oregano dried
- ☐ 0.5 teaspoon salt
- ☐ 1 scallion including top green chopped

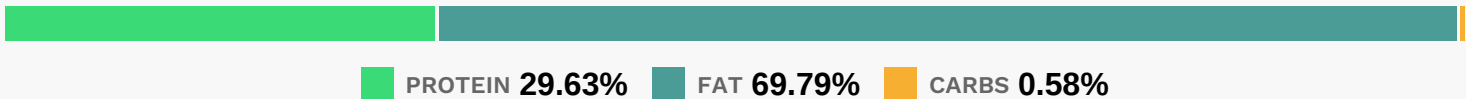
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat the oven to 45
- ☐ In a small bowl, combine 2 tablespoons of the butter with the oregano, cumin, 1/4 teaspoon of the salt, and 1/4 teaspoon pepper.
- ☐ Rub the mixture over the skin of the hens and arrange them, skin-side up, on a baking sheet. Roast in the upper third of the oven until golden and cooked through, about 20 minutes.
- ☐ Meanwhile, combine the remaining 2 tablespoons butter with the scallion, the remaining 1/4 teaspoon salt, and 1/8 teaspoon pepper. When the hens are roasted, top with the scallion butter.
- ☐ Serve with lime wedges.
- ☐ Menu Suggestions: You could roast new potatoes right alongside the hens with almost no effort.
- ☐ Sauted bell peppers would complete the meal.
- ☐ Mix one tablespoon chopped fresh herbs, such as chives, parsley, and/or oregano, with the butter in place of the scallions.
- ☐ Wine Recommendation: A number of hearty red wines would be nice with the straightforward, rustic flavors here. Look for a Corbiere from the south of France, a zinfandel from California, or a Rosso di Montalcino from Tuscany in Italy.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:18.44000031188%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 672.08kcal (33.6%), Fat: 51.24g (78.84%), Saturated Fat: 18.24g (114.01%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.13g (0.14%), Cholesterol: 316.43mg (105.48%), Sodium: 555.12mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.94g (97.89%), Vitamin B3: 16.16mg (80.8%), Selenium: 33.67µg (48.1%), Vitamin B6: 0.85mg (42.33%), Phosphorus: 404.94mg (40.49%), Vitamin B2: 0.49mg (29.04%), Zinc: 3.33mg (22.17%), Potassium: 698.34mg (19.95%), Vitamin B5: 1.75mg (17.52%), Vitamin K: 17.3µg (16.48%), Vitamin B12: 0.96µg (15.99%), Iron: 2.79mg (15.51%), Vitamin B1: 0.21mg (14.25%), Vitamin A: 701.85IU (14.04%), Magnesium: 55.33mg (13.83%), Vitamin E: 1.25mg (8.31%), Copper: 0.15mg (7.56%), Manganese: 0.11mg (5.27%), Calcium: 50.3mg (5.03%), Folate: 12.18µg (3.04%), Vitamin C: 2.32mg (2.82%), Fiber: 0.4g (1.59%)