



Cornish Hens with Spicy Pecan-Cornbread Stuffing



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



8

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 8 servings butter melted
- ☐ 1 pound cornish game hens
- ☐ 8 servings spicy pecan-cornbread stuffing

Equipment

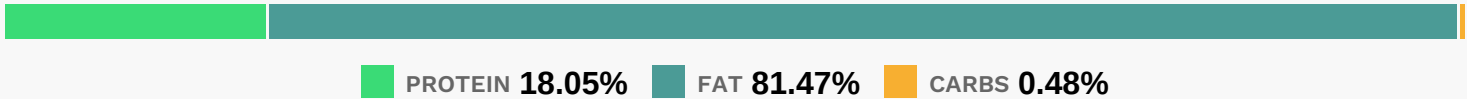
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

☐ skewers

Directions

- ☐ Spoon about 1 cup Spicy Pecan–Cornbread Stuffing into each hen; close opening with skewers.
- ☐ Place hens, breast side up, in a roasting pan.
- ☐ Brush with butter.
- ☐ Bake, covered, at 450 for 5 minutes. Reduce heat to 350, and bake 50 more minutes or until a meat thermometer inserted in stuffing registers 16
- ☐ Remove skewers, and serve.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.2273912948111%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg

Nutrients (% of daily need)

Calories: 220.97kcal (11.05%), Fat: 19.94g (30.68%), Saturated Fat: 4.61g (28.78%), Carbohydrates: 0.26g (0.09%), Net Carbohydrates: 0.17g (0.06%), Sugar: 0.04g (0.04%), Cholesterol: 57.27mg (19.09%), Sodium: 166.61mg (7.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.88%), Vitamin B3: 3.23mg (16.16%), Vitamin A: 562.58IU (11.25%), Selenium: 6.73µg (9.61%), Phosphorus: 85.37mg (8.54%), Vitamin B6: 0.17mg (8.53%), Vitamin B2: 0.1mg (6.05%), Zinc: 0.7mg (4.65%), Potassium: 143.79mg (4.11%), Vitamin E: 0.61mg (4.05%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.2µg (3.35%), Vitamin B1: 0.05mg (3.29%), Magnesium: 11.84mg (2.96%), Manganese: 0.05mg (2.7%), Iron: 0.47mg (2.6%), Copper: 0.04mg (1.99%), Vitamin K: 1.4µg (1.33%), Calcium: 11.14mg (1.11%)