



Cornish Hens with Sweet Vermouth Garlic Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



736 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 3 pound cornish game hens halved lengthwise
- 6 large garlic clove quartered
- 0.5 teaspoon salt
- 4 thyme sprigs fresh
- 1 cup mirin sweet red ()
- 1 cup water

Equipment

- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Put oven rack in middle position and preheat oven to 450°F. Pat hens dry and sprinkle with salt and pepper. Roast, cut sides down, in a large heavy shallow baking pan (1 inch deep) until just cooked through, about 30 minutes.
- While hens roast, simmer vermouth, garlic, thyme, and 1/2 cup water, uncovered, in a 2-quart heavy saucepan until garlic is soft, about 15 minutes. Discard thyme. Mash garlic into sauce with a fork and simmer until reduced to a glaze (about 3 tablespoons).
- Brush glaze onto hens and roast 5 minutes more.
- Pour remaining 1/2 cup water into saucepan, swirling to dissolve any remaining glaze, and reserve.
- Transfer hens to a serving dish and let stand, loosely covered with foil, 5 minutes. Straddle baking pan over 2 burners, then add reserved liquid from saucepan and deglaze baking pan by boiling over moderate heat, scraping up brown bits, until reduced slightly. Season pan juices with salt and pepper and pour over hens.

Nutrition Facts

PROTEIN 34.51% **FAT 63.11%** **CARBS 2.38%**

Properties

Glycemic Index:26.75, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:21.145217387573%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 736.42kcal (36.82%), Fat: 47.74g (73.44%), Saturated Fat: 13.24g (82.77%), Carbohydrates: 4.06g (1.35%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.05g (0.05%), Cholesterol: 343.6mg (114.53%), Sodium: 502.04mg (21.83%), Alcohol: 5.7g (100%), Alcohol %: 1.55% (100%), Protein: 58.74g (117.48%), Vitamin B3: 19.36mg (96.79%), Selenium: 40.79µg (58.27%), Vitamin B6: 1.06mg (53.16%), Phosphorus: 484.41mg (48.44%), Vitamin B2: 0.59mg (34.6%), Zinc: 3.99mg (26.6%), Potassium: 828.71mg (23.68%), Vitamin B5: 2.1mg (21.04%), Vitamin B12: 1.12µg (18.71%), Vitamin B1: 0.26mg (17.2%), Iron: 2.92mg (16.22%), Magnesium: 64.77mg (16.19%), Copper: 0.2mg (9.85%), Vitamin A: 416.01IU (8.32%), Manganese: 0.16mg (8.18%), Vitamin K: 8.45µg (8.04%), Vitamin E: 0.96mg (6.38%), Vitamin C: 4.71mg (5.7%), Calcium: 52.12mg (5.21%), Folate: 10.81µg (2.7%), Fiber: 0.27g (1.06%)