



Couscous-Stuffed Cornish Hens

READY IN



45 min.

SERVINGS



4

CALORIES



794 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 0.5 cup chicken broth low-sodium homemade canned
- ☐ 1 tablespoon cooking oil
- ☐ 2.5 pounds cornish game hens
- ☐ 0.5 cup couscous
- ☐ 0.3 cup apricots dried chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 4 servings fresh-ground pepper black
- ☐ 2.5 teaspoons honey

- ☐ 4 servings salt
- ☐ 0.3 cup slivered almonds
- ☐ 3 tablespoons water

Equipment

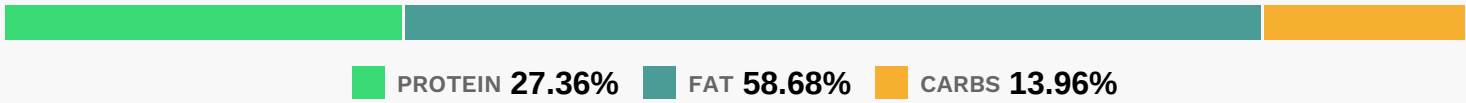
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat the oven to 35
- ☐ Toast the nuts in the oven until golden brown, 5 to 10 minutes.
- ☐ Remove. Raise the heat to 42
- ☐ In a small saucepan, bring the broth, the apricots, and 1/4 teaspoon salt to a simmer over moderately high heat.
- ☐ Remove from the heat and stir in the couscous. Cover and let sit for 5 minutes. Fluff with a fork.
- ☐ Add the almonds, 1/2 tablespoon of the butter, 1 1/2 teaspoons of the honey, the cinnamon, and 1/8 teaspoon each salt and pepper.
- ☐ Fill the cavities of the hens with the couscous mixture. Twist the wings of the hens behind their backs and, if you like, tie the legs together.
- ☐ Put the hens, breast-side up, in a small roasting pan. Coat the hens with the oil; sprinkle with 1/8 teaspoon each salt and pepper. Dot with the remaining 1 tablespoon butter.
- ☐ Roast the hens for 25 minutes. Baste them with the pan juices and drizzle with the remaining 1 teaspoon honey. Continue roasting until just done, 10 to 15 minutes longer.
- ☐ When the hens are done, transfer them to a plate and leave to rest in a warm spot for about 5 minutes. Spoon the fat from the roasting pan and add the water to the juices. Cook over moderate heat, scraping the bottom of the pan to dislodge any brown bits, until reduced to 1/4 cup, about 3 minutes.
- ☐ Add a pinch each of salt and pepper.

- ☐
- Cut the hens in half and serve with the stuffing and pan juices.
- ☐
- Wine Recommendation: This exotic dish calls for an equally exotic wine, like a delicious Australian smillon, a not-too-dry white with hints of tangerine and almonds.

Nutrition Facts



Properties

Glycemic Index:61.92, Glycemic Load:13.64, Inflammation Score:-6, Nutrition Score:22.356521673824%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 794.13kcal (39.71%), Fat: 51.23g (78.82%), Saturated Fat: 14.32g (89.51%), Carbohydrates: 27.42g (9.14%), Net Carbohydrates: 24.8g (9.02%), Sugar: 8.27g (9.19%), Cholesterol: 297.62mg (99.21%), Sodium: 413.14mg (17.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.75g (107.5%), Vitamin B3: 17.71mg (88.56%), Selenium: 34µg (48.58%), Phosphorus: 482.42mg (48.24%), Vitamin B6: 0.89mg (44.28%), Vitamin B2: 0.59mg (34.96%), Potassium: 879.49mg (25.13%), Zinc: 3.73mg (24.87%), Vitamin E: 3.61mg (24.08%), Manganese: 0.43mg (21.3%), Vitamin B5: 2.08mg (20.79%), Magnesium: 82.22mg (20.56%), Vitamin B1: 0.26mg (17.18%), Iron: 3.01mg (16.75%), Vitamin B12: 0.97µg (16.23%), Copper: 0.31mg (15.5%), Vitamin A: 731.18IU (14.62%), Fiber: 2.62g (10.47%), Vitamin K: 10.12µg (9.64%), Calcium: 63.86mg (6.39%), Folate: 16.88µg (4.22%), Vitamin C: 1.53mg (1.85%)