



Crisp Cornish Game Hens with Spiced Cranberry-Honey Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



685 kcal

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2.5 pound cornish game hens
- ☐ 0.5 cup cranberries fresh thawed
- ☐ 0.3 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 garlic clove minced
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground pepper red

- ☐ 0.3 cup honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 teaspoons olive oil divided
- ☐ 1 teaspoon thyme leaves minced

Equipment

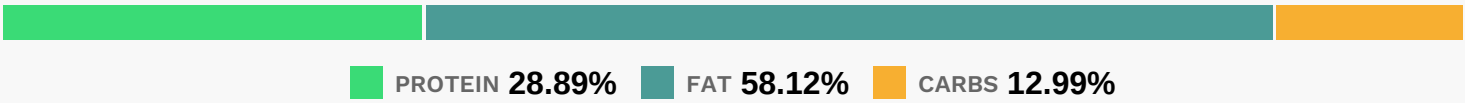
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Preheat oven to 425
- ☐ To prepare hens, remove and discard giblets and necks from hens.
- ☐ Remove skin; trim excess fat. Split hens in half lengthwise.
- ☐ Combine thyme, salt, black pepper, and 2 minced garlic cloves. Rub surface of hens with thyme mixture.
- ☐ To prepare glaze, heat 1 teaspoon oil in a small saucepan over medium heat.
- ☐ Add 1 minced garlic clove, and cook 1 minute.
- ☐ Add cranberries, juice, honey, cinnamon, and red pepper; bring to a simmer. Cook for 5 minutes or until slightly syrupy.
- ☐ Heat remaining 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add hens, breast side down; cook 3 minutes.
- ☐ Place hens, breast side up, on a broiler pan coated with cooking spray.
- ☐ Brush hens with half of glaze.
- ☐ Bake at 425 for 25 minutes or until a thermometer registers 165, brushing occasionally with remaining glaze.
- ☐ Wine note: Both game birds and cranberry sauce are terrific partners for pinot noir. Because pinot noir has an earthy, sweet character, it perfectly highlights the meaty sweetness of a

roasted bird. At the same time, pinot noir's good acidity is just the ticket as a complement to the cranberries. Try La Crema Pinot Noir 2004 from Russian River Valley, California (\$29). – Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:81.82, Glycemic Load:10.92, Inflammation Score:-6, Nutrition Score:18.670434661534%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 684.78kcal (34.24%), Fat: 43.82g (67.42%), Saturated Fat: 11.59g (72.46%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 21.28g (7.74%), Sugar: 19.88g (22.08%), Cholesterol: 286.33mg (95.44%), Sodium: 465.62mg (20.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.01g (98.02%), Vitamin B3: 16.18mg (80.88%), Selenium: 33.99µg (48.56%), Vitamin B6: 0.89mg (44.44%), Phosphorus: 405.8mg (40.58%), Vitamin B2: 0.5mg (29.48%), Zinc: 3.38mg (22.51%), Potassium: 719.53mg (20.56%), Vitamin B5: 1.8mg (17.97%), Vitamin B12: 0.94µg (15.59%), Vitamin B1: 0.22mg (14.34%), Iron: 2.56mg (14.21%), Magnesium: 55.12mg (13.78%), Vitamin E: 1.75mg (11.67%), Vitamin K: 11.18µg (10.65%), Manganese: 0.21mg (10.46%), Copper: 0.18mg (8.8%), Vitamin C: 6.3mg (7.64%), Vitamin A: 372.49IU (7.45%), Calcium: 43.49mg (4.35%), Fiber: 0.77g (3.09%), Folate: 9.62µg (2.41%)