



Curried Chutney-Glazed Cornish Hens



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound cornish game hens
- ☐ 1 teaspoon curry powder
- ☐ 2.5 tablespoons juice of lemon
- ☐ 0.3 cup mango chutney

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

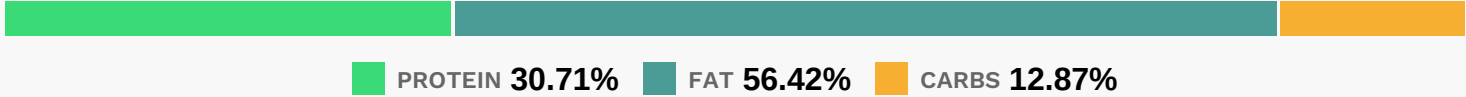
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aluminum foil

Directions

- ☐
- Preheat oven to 47
- ☐
- Remove and discard giblets and necks from hens. Rinse hens with cold water; pat dry.
- ☐
- Remove skin; trim excess fat. Split hens in half lengthwise.
- ☐
- Place hen halves, meaty sides up, on a foil-lined jelly-roll pan coated with cooking spray.
- ☐
- Combine chutney, lemon juice, and curry powder in a small saucepan; bring to a boil over medium-low heat.
- ☐
- Remove from heat.
- ☐
- Brush half of glaze evenly over hen halves.
- ☐
- Bake at 475 for 27 to 30 minutes or until done, basting with remaining glaze after 15 minutes.
- ☐
- Note: Get the butcher to halve the Cornish hens while they're frozen, or once they're thawed, use kitchen shears to cut the hens in half.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:10.57, Inflammation Score:-3, Nutrition Score:17.833043564921%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 649.44kcal (32.47%), Fat: 39.86g (61.32%), Saturated Fat: 11.05g (69.04%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 19.95g (7.26%), Sugar: 13.99g (15.55%), Cholesterol: 286.33mg (95.44%), Sodium: 182.35mg (7.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.82g (97.64%), Vitamin B3: 16.12mg (80.62%), Selenium: 34.11µg (48.73%), Vitamin B6: 0.85mg (42.6%), Phosphorus: 404.77mg (40.48%), Vitamin B2: 0.51mg (29.78%), Zinc: 3.3mg (22.01%), Potassium: 708.24mg (20.24%), Vitamin B5: 1.74mg (17.44%), Vitamin B12: 0.94µg (15.59%), Vitamin B1: 0.22mg (14.33%), Iron: 2.51mg (13.92%), Magnesium: 53.99mg (13.5%), Vitamin C: 7.6mg (9.21%), Copper: 0.17mg (8.64%), Vitamin K: 7.3µg (6.96%), Vitamin E: 0.95mg (6.35%), Vitamin A: 311.67IU

(6.23%), Calcium: 39.8mg (3.98%), Manganese: 0.08mg (3.96%), Folate: 14.27μg (3.57%), Fiber: 0.51g (2.02%)