



## Deviled Game Hens

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



633 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3.8 pound cornish game hens halved
- 1 tablespoon rosemary leaves fresh chopped
- 3 tablespoons olive oil
- 1 tablespoon pepper dried red crushed

### Equipment

- bowl
- frying pan
- baking sheet

paper towels

pot

## Directions

Pat hens dry with paper towels.

Place on baking sheet.

Mix oil, red pepper and rosemary in bowl. Rub all over hens.

Let stand 1 hour at room temperature.

Heat 2 heavy large skillets over medium-high heat.

Sprinkle hens with salt.

Add 3 hen halves, skin side down, to each skillet.

Place 1 heavy large pot atop hens in each skillet.

Place weights (such as several bricks or rocks) in each pot. Cook until juices run clear when thickest part of thigh is pierced, about 18 minutes per side.

## Nutrition Facts

**PROTEIN 31.45%** **FAT 68.08%** **CARBS 0.47%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:18.294347985931%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 633.07kcal (31.65%), Fat: 46.96g (72.24%), Saturated Fat: 12.04g (75.23%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.1g (0.11%), Cholesterol: 286.33mg (95.44%), Sodium: 195.03mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.81g (97.62%), Vitamin B3: 16.25mg (81.23%), Selenium: 33.72µg (48.18%), Vitamin B6: 0.87mg (43.27%), Phosphorus: 401.11mg (40.11%), Vitamin B2: 0.5mg (29.12%), Zinc: 3.32mg (22.14%), Potassium: 697.35mg (19.92%), Vitamin B5: 1.74mg (17.41%), Vitamin B12: 0.94µg (15.59%), Vitamin E: 2.31mg (15.4%), Vitamin A: 711.25IU (14.23%), Vitamin B1: 0.21mg (14.03%), Iron: 2.5mg (13.91%), Magnesium: 53.32mg (13.33%), Vitamin K: 12.43µg (11.84%), Copper: 0.15mg (7.66%), Calcium: 36.71mg (3.67%),

Manganese: 0.07mg (3.56%), Folate: 9.24µg (2.31%), Fiber: 0.51g (2.04%), Vitamin C: 1.5mg (1.82%)