



Easy Cornish Hens

 **Gluten Free**  **Dairy Free**

READY IN



250 min.

SERVINGS



4

CALORIES



562 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup chicken broth
- 2 cornish game hens
- 0.5 teaspoon thyme leaves dried
- 0.3 teaspoon garlic powder
- 0.1 teaspoon ground cumin
- 0.1 teaspoon ground pepper black
- 0.5 teaspoon ground thyme
- 0.3 cup juice of lemon

- 0.3 cup butter chilled cut into cubes
- 0.1 teaspoon pepper flakes red
- 0.1 teaspoon salt

Equipment

- bowl
- slow cooker

Directions

- Mix 1/3 cup lemon juice, melted margarine, 1/2 teaspoon thyme, garlic powder, cumin, and red pepper flakes in a bowl.
- Pour and rub lemon juice mixture over Cornish hens.
- Mix 1/2 teaspoon thyme, salt, and black pepper in a bowl; sprinkle over Cornish hens.
- Pour chicken broth and 1/3 cup lemon juice into a slow cooker.
- Place about 1 tablespoon chilled margarine in the cavity of each hen; place hens in the slow cooker. Arrange the remaining margarine cubes in the chicken broth mixture.
- Cook hens in the slow cooker on High for 4 hours or Low for 8 hours.

Nutrition Facts

PROTEIN 28.32% **FAT 70.11%** **CARBS 1.57%**

Properties

Glycemic Index:10.5, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:15.404782715051%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 561.88kcal (28.09%), Fat: 43.18g (66.44%), Saturated Fat: 11.15g (69.68%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.78g (0.87%), Cholesterol: 228.43mg (76.14%), Sodium: 563.27mg (24.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.24g (78.48%), Vitamin B3: 12.94mg (64.72%),

Selenium: 26.88µg (38.4%), Vitamin B6: 0.68mg (34.03%), Phosphorus: 324.12mg (32.41%), Vitamin B2: 0.43mg (25.15%), Zinc: 2.67mg (17.78%), Potassium: 575.93mg (16.46%), Vitamin A: 782.05IU (15.64%), Vitamin B5: 1.42mg (14.17%), Vitamin B12: 0.77µg (12.81%), Vitamin B1: 0.19mg (12.37%), Iron: 2.19mg (12.17%), Vitamin C: 9.15mg (11.1%), Magnesium: 43.86mg (10.96%), Vitamin K: 9.86µg (9.39%), Vitamin E: 1.17mg (7.8%), Copper: 0.13mg (6.38%), Manganese: 0.1mg (4.91%), Calcium: 38.56mg (3.86%), Folate: 11.77µg (2.94%)