



Fig-and-Balsamic-Glazed Cornish Hens



Gluten Free



Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



719 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 5 lb cornish game hens
- ☐ 2 teaspoons dijon mustard country-style
- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons cooking wine dry red
- ☐ 11.5 oz fig preserves
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 1 teaspoon kosher salt

- ☐ 8 servings kitchen string

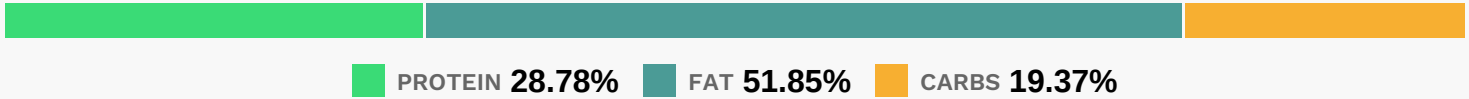
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat oven to 450
- ☐ Bring first 5 ingredients to a boil in a small saucepan over medium-high heat; reduce heat to low, and simmer 8 to 10 minutes or until slightly thickened. Reserve half of fig mixture; cover and chill.
- ☐ Let remaining fig mixture stand at room temperature.
- ☐ Rinse hens with cold water, and pat dry.
- ☐ Place hens, breast sides down, on a cutting board.
- ☐ Cut hens through backbone using kitchen shears to make 2 halves.
- ☐ Place hens on an aluminum foil-lined jelly-roll pan or in a shallow roasting pan, and sprinkle with salt.
- ☐ Bake at 450 for 10 minutes.
- ☐ Brush hens generously with room-temperature fig mixture. Reduce oven temperature to 400
- ☐ Bake hens 45 minutes or until leg meat is no longer pink, basting with fig mixture every 10 minutes.
- ☐ Let stand 10 minutes before serving.
- ☐ Place reserved chilled fig mixture in a small saucepan; stir in red wine, and cook over low heat, stirring often, 2 minutes or until thoroughly heated.
- ☐ Serve hens with sauce.
- ☐ Note: To make ahead, prepare recipe as directed through Step Cover and chill up to 8 hours.
- ☐ Let stand at room temperature 15 minutes before proceeding with Steps 4 and

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:16.81, Inflammation Score:-6, Nutrition Score:21.538260791613%

Flavonoids

Petunidin: 0.62mg, Petunidin: 0.62mg, Petunidin: 0.62mg, Petunidin: 0.62mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 4.92mg, Malvidin: 4.92mg, Malvidin: 4.92mg, Malvidin: 4.92mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 719.25kcal (35.96%), Fat: 39.94g (61.45%), Saturated Fat: 11.06g (69.15%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 31.55g (11.47%), Sugar: 22.47g (24.97%), Cholesterol: 286.33mg (95.44%), Sodium: 495.11mg (21.53%), Alcohol: 1.97g (100%), Alcohol %: 0.61% (100%), Protein: 49.89g (99.77%), Vitamin B3: 16.52mg (82.58%), Selenium: 35.03µg (50.04%), Vitamin B6: 0.92mg (46.16%), Phosphorus: 428.22mg (42.82%), Vitamin B2: 0.57mg (33.6%), Vitamin K: 30.68µg (29.22%), Potassium: 826.79mg (23.62%), Zinc: 3.43mg (22.88%), Vitamin B5: 1.86mg (18.64%), Vitamin B1: 0.26mg (17.4%), Magnesium: 67.95mg (16.99%), Iron: 3.06mg (16.97%), Vitamin B12: 0.94µg (15.59%), Vitamin C: 11.72mg (14.2%), Vitamin A: 687.25IU (13.74%), Copper: 0.22mg (11.1%), Manganese: 0.21mg (10.51%), Fiber: 2.02g (8.07%), Folate: 31.25µg (7.81%), Vitamin E: 1.07mg (7.16%), Calcium: 62.83mg (6.28%)