



Figgy Piggy Cornish Hens

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound bacon halved
- 5 pound cornish game hens halved lengthwise
- 4 garlic clove thinly sliced lengthwise
- 3 tablespoons juice of lemon fresh
- 12 thyme sprigs
- 12 large frangelico fresh green black halved quartered
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Equipment

- frying pan
- paper towels
- oven

Directions

- Preheat oven to 500°F with rack in upper third.
- Cook bacon in a 12-inch heavy skillet over medium-low heat until crisp.
- Transfer to paper towels to drain.
- Add garlic to skillet and cook, stirring, until golden, about 1 minute.
- Transfer to paper towels with bacon.
- Pat hens dry and season with 1 1/4 teaspoons salt and 3/4 teaspoon pepper.
- Heat fat in skillet over medium-high heat until it begins to smoke. Brown 4 hen halves, skin side down, about 6 minutes.
- Transfer, skin side up, to a large 4-sided sheet pan. Brown remaining hens, transferring to sheet pan. Reserve skillet.
- Scatter thyme and figs over hens, then roast until hens are cooked through, about 15 minutes. Meanwhile, deglaze skillet with lemon juice by simmering, stirring and scraping up brown bits, 30 seconds.
- Pour over roast hens. Scatter bacon and garlic over hens.
- mashed potatoes

Nutrition Facts

PROTEIN 31.03% **FAT 68.01%** **CARBS 0.96%**

Properties

Glycemic Index:9.38, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:19.344782715258%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 690.2kcal (34.51%), Fat: 51.04g (78.53%), Saturated Fat: 14.81g (92.55%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.36g (0.49%), Sugar: 0.16g (0.17%), Cholesterol: 305.04mg (101.68%), Sodium: 361.05mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.4g (104.79%), Vitamin B3: 17.27mg (86.36%), Selenium: 39.37µg (56.24%), Vitamin B6: 0.94mg (46.91%), Phosphorus: 442.05mg (44.21%), Vitamin B2: 0.51mg (30.26%), Zinc: 3.64mg (24.28%), Potassium: 746.12mg (21.32%), Vitamin B1: 0.29mg (19.35%), Vitamin B5: 1.91mg (19.06%), Vitamin B12: 1.08µg (17.95%), Iron: 2.62mg (14.55%), Magnesium: 57.54mg (14.39%), Copper: 0.16mg (8.23%), Vitamin C: 6.46mg (7.83%), Vitamin A: 388.4IU (7.77%), Vitamin K: 6.83µg (6.5%), Vitamin E: 0.93mg (6.17%), Manganese: 0.1mg (5%), Calcium: 41.73mg (4.17%), Folate: 10.35µg (2.59%), Fiber: 0.26g (1.03%)