



## Plum-Glazed Cornish Game Hens

 Dairy Free  Low Fod Map

READY IN



490 min.

SERVINGS



6

CALORIES



834 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4.5 pound cornish game hens
- 1.3 ounce onion soup mix dry
- 0.8 cup jam
- 2 kiwi fruit peeled sliced for garnish
- 0.5 teaspoon pepper red crushed

### Equipment

- bowl
- slow cooker

## Directions

- Place the game hens in a slow cooker.
- Sprinkle with red pepper flakes.
- Mix the plum jam and onion soup mix together in a bowl until well blended.
- Remove 1/4 cup of the jam mixture and refrigerate until needed.
- Brush the remaining jam mixture over the hens.
- Set the slow cooker on Low for 7 hours.
- Brush the reserved glaze over the hens. Cook on Low 1 hour more.
- Place hens on serving plates and garnish with kiwifruit slices.

## Nutrition Facts

 **PROTEIN 28.99%**  **FAT 52.7%**  **CARBS 18.31%**

## Properties

Glycemic Index:17.94, Glycemic Load:17.61, Inflammation Score:-5, Nutrition Score:24.319130109704%

## Flavonoids

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 833.91kcal (41.7%), Fat: 47.9g (73.7%), Saturated Fat: 13.26g (82.85%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 35.63g (12.96%), Sugar: 23.63g (26.25%), Cholesterol: 343.6mg (114.53%), Sodium: 699.69mg (30.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.29g (118.57%), Vitamin B3: 19.54mg (97.7%), Selenium: 41.38µg (59.12%), Vitamin B6: 1.07mg (53.42%), Phosphorus: 507.62mg (50.76%), Vitamin B2: 0.64mg (37.41%), Vitamin C: 28.3mg (34.31%), Zinc: 4.05mg (27.02%), Potassium: 941.48mg (26.9%), Vitamin B5: 2.19mg (21.88%), Vitamin K: 20.65µg (19.66%), Vitamin B12: 1.12µg (18.71%), Vitamin B1: 0.28mg (18.68%), Magnesium: 71.58mg (17.9%), Iron: 3.04mg (16.87%), Copper: 0.27mg (13.62%), Vitamin E: 1.47mg (9.79%), Vitamin A: 444.1IU (8.88%), Fiber: 1.83g (7.3%), Manganese: 0.14mg (7.16%), Calcium: 65.53mg (6.55%), Folate: 22.81µg (5.7%)