



Fruited Cornish Hens

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup anjou pear coarsely chopped
- ☐ 0.8 cup rome apple coarsely chopped
- ☐ 2.5 pound cornish game hens
- ☐ 0.8 cup cranberries
- ☐ 2 tablespoons madras curry powder
- ☐ 0.8 cup kiwifruit peeled coarsely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup mango chutney

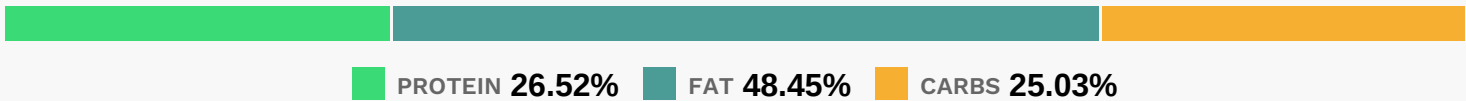
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Remove and discard giblets from hens. Rinse hens under cold water, and pat dry.
- ☐ Remove skin, and trim excess fat; split hens in half lengthwise. Rub hen halves with curry powder.
- ☐ Place hen halves, meaty sides up, in a shallow roasting pan coated with cooking spray.
- ☐ Bake at 450 for 25 minutes.
- ☐ Combine chutney and lime juice; stir well. Reduce oven temperature to 350, and brush chutney mixture over hen halves.
- ☐ Bake 25 minutes. Arrange apple, pear, kiwifruit, and cranberries around hen halves in pan; bake an additional 10 minutes or until hen juices run clear.
- ☐ Place 1 hen half and 3/4 cup fruit on each of 4 plates.
- ☐ Note: Frozen, thawed cranberries may be substituted for fresh cranberries, if desired.

Nutrition Facts



Properties

Glycemic Index:56.6, Glycemic Load:20.71, Inflammation Score:-5, Nutrition Score:24.065651852152%

Flavonoids

Cyanidin: 9.7mg, Cyanidin: 9.7mg, Cyanidin: 9.7mg, Cyanidin: 9.7mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg, Epicatechin: 3.81mg

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 755.94kcal (37.8%), Fat: 40.45g (62.24%), Saturated Fat: 11.12g (69.53%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 42.33g (15.39%), Sugar: 30.12g (33.46%), Cholesterol: 286.33mg (95.44%), Sodium: 190.97mg (8.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.83g (99.66%), Vitamin B3: 16.44mg (82.2%), Selenium: 34.95µg (49.92%), Vitamin C: 39.83mg (48.28%), Vitamin B6: 0.93mg (46.72%), Phosphorus: 437.1mg (43.71%), Vitamin B2: 0.55mg (32.41%), Potassium: 906.57mg (25.9%), Vitamin K: 26.04µg (24.8%), Zinc: 3.52mg (23.48%), Iron: 3.53mg (19.59%), Vitamin B5: 1.9mg (18.99%), Fiber: 4.69g (18.77%), Magnesium: 71.28mg (17.82%), Vitamin B1: 0.24mg (16.26%), Manganese: 0.32mg (15.82%), Vitamin B12: 0.94µg (15.59%), Vitamin E: 2.3mg (15.3%), Copper: 0.3mg (14.8%), Vitamin A: 403.64IU (8.07%), Folate: 30.94µg (7.74%), Calcium: 73.38mg (7.34%)