



Game Hens with Fruit-and-Sausage Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apples peeled chopped
- ☐ 1 cup apple juice
- ☐ 6 peppercorns black
- ☐ 2 cups bread french (1-inch) (2 [1-ounce] slices)
- ☐ 3 pound cornish game hens
- ☐ 2 teaspoons cornstarch
- ☐ 1 cup cranberry juice cocktail
- ☐ 0.3 cup cranberries dried

- ☐ 2 tablespoons cranberries dried
- ☐ 2 tablespoons wine dry red
- ☐ 2 inch bread french
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup prune- cut to pieces pitted coarsely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shallots chopped
- ☐ 2 tablespoons shallots chopped
- ☐ 0.1 teaspoon suya seasoning mix
- ☐ 1 teaspoon suya seasoning mix
- ☐ 1 teaspoon suya seasoning mix
- ☐ 0.3 pound turkey sausage smoked diced
- ☐ 0.3 cup water boiling

Equipment

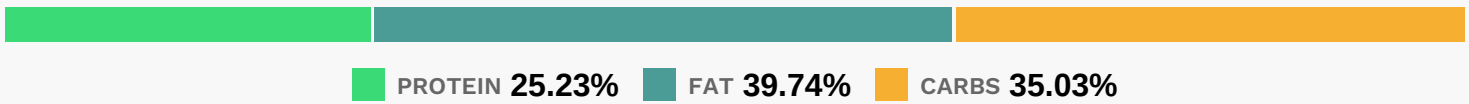
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Remove and reserve giblets and necks from hens. Rinse hens under cold water, and pat dry. Halve hens lengthwise; trim excess fat. Loosen skin from breasts and drumsticks by inserting fingers and gently pushing between skin and meat. Rub 1/2 teaspoon Southern France Spice
- ☐ Mix beneath skin of each hen half. Set aside.

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add 1/4 cup shallots; saut 2 minutes.
- ☐ Add bread cubes and next 7 ingredients (bread cubes through salt); cook 1 minute, stirring until well-blended.
- ☐ Remove from heat.
- ☐ Arrange bread slices in a 13 x 9-inch baking dish. Spoon 3/4 cup stuffing mixture onto each bread slice.
- ☐ Place 1 hen half, skin side up, over each mound of stuffing mixture.
- ☐ Bake at 350 for 45 minutes.
- ☐ Combine boiling water and 2 tablespoons cranberries in a small bowl.
- ☐ Let stand 30 minutes.
- ☐ Drain.
- ☐ Cook giblets, necks, 2 tablespoons shallots, and peppercorns in a large nonstick skillet over medium-high heat until browned.
- ☐ Add apple and cranberry juices; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes or until reduced to 1 cup. Strain through a sieve over a bowl; discard solids. Return liquid to skillet.
- ☐ Combine wine and cornstarch in a bowl; stir well.
- ☐ Add cornstarch mixture, rehydrated cranberries, lemon juice, and 1/8 teaspoon Southern France Spice
- ☐ Mix to skillet. Bring to a boil. Cook 1 minute or until thick; stir constantly.
- ☐ Serve with hens and stuffing.
- ☐ Garnish with parsley and sage, if desired.

Nutrition Facts



Properties

Glycemic Index:115.44, Glycemic Load:59.57, Inflammation Score:-8, Nutrition Score:42.233478670535%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 1241.89kcal (62.09%), Fat: 54.42g (83.73%), Saturated Fat: 14.66g (91.62%), Carbohydrates: 107.93g (35.98%), Net Carbohydrates: 101.03g (36.74%), Sugar: 39.04g (43.37%), Cholesterol: 364.86mg (121.62%), Sodium: 1177.05mg (51.18%), Alcohol: 0.79g (100%), Alcohol %: 0.14% (100%), Protein: 77.76g (155.52%), Vitamin B3: 26.92mg (134.62%), Selenium: 75.05µg (107.21%), Vitamin B1: 1.16mg (77.46%), Vitamin B2: 1.22mg (71.57%), Vitamin B6: 1.4mg (70.12%), Phosphorus: 685.47mg (68.55%), Manganese: 1.07mg (53.54%), Iron: 9.23mg (51.3%), Folate: 173.16µg (43.29%), Zinc: 6.29mg (41.9%), Vitamin C: 33.08mg (40.1%), Potassium: 1312.36mg (37.5%), Vitamin K: 35.43µg (33.74%), Magnesium: 127.15mg (31.79%), Vitamin B5: 3.01mg (30.07%), Fiber: 6.9g (27.61%), Vitamin B12: 1.49µg (24.85%), Copper: 0.48mg (23.79%), Calcium: 170.66mg (17.07%), Vitamin E: 2.44mg (16.26%), Vitamin A: 543.03IU (10.86%)