



Game Hens with Pomegranates: Beccazini



Gluten Free



Low Fod Map

READY IN



190 min.

SERVINGS



6

CALORIES



1274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cornish game hens
- ☐ 12 sage leaves fresh
- ☐ 1 cup plum brandy
- ☐ 1 tablespoon mint leaves chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 servings peel of two oranges cut into 1/4 -inch slices
- ☐ 6 slices pancetta thin
- ☐ 1 seeds from pomegranate

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 10 tablespoons butter unsalted

Equipment

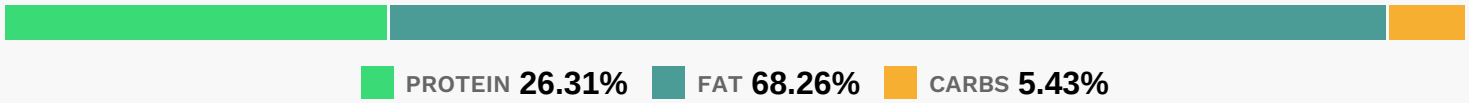
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a small bowl, just cover the pomegranate seeds with the Marsala. You may have to use more Marsala. Gently mix in the mint and set aside, covered, for 1 hour.
- ☐ Season the birds inside and out with salt and pepper.
- ☐ Drain the pomegranate seeds and mint, reserving the liquid. Stuff the birds with some of the seeds, reserving remainder for later use, and the mint. Using a needle, truss the bird tightly so that the inner cavity is closed and sealed shut buy the 2 legs. Wrap each bird in a slice of pancetta, using your palms to press the pancetta tight against the bird.
- ☐ Preheat the oven to 375 degrees F.
- ☐ In an oven-proof saute pan, heat the olive oil, butter.
- ☐ Add 3 sage leaves and cook 1 minute before adding the hens. Brown the birds on all sides over high heat until well-browned, about 5 minutes. Lower the heat, and add the remaining sage leaves, and pomegranate seeds.
- ☐ Place the saucepan in the oven for 7 minutes.
- ☐ Remove the pan from the oven.
- ☐ Drizzle the hens with 3 tablespoons of the remaining Marsala and pat with 4 tablespoons of the remaining butter. Baste the hens with the pan juices and return to the oven for 5 more minutes. In a small saucepan, melt the remaining butter over low heat.
- ☐ Add the orange peel and saute gently for 5 minutes, stirring gently so that the peel absorbs the butter.
- ☐ Remove the sauteed peels from the heat.
- ☐ Remove the hens from the oven and transfer them to a serving dish.

- ☐
- Sprinkle the hens with the orange peel, and drizzle them with pan juices and pomegranate seeds.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:3.62, Inflammation Score:-8, Nutrition Score:33.181739599808%

Flavonoids

Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg, Peonidin: 1.57mg Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg, Catechin: 3.94mg Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg, Epicatechin: 3.02mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 24.61mg, Hesperetin: 24.61mg, Hesperetin: 24.61mg, Hesperetin: 24.61mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 1274.32kcal (63.72%), Fat: 92.36g (142.1%), Saturated Fat: 32.02g (200.1%), Carbohydrates: 16.53g (5.51%), Net Carbohydrates: 14.26g (5.19%), Sugar: 11.56g (12.85%), Cholesterol: 513.91mg (171.3%), Sodium: 373.73mg (16.25%), Alcohol: 6.12g (100%), Alcohol %: 1.24% (100%), Protein: 80.11g (160.23%), Vitamin B3: 26.47mg (132.33%), Selenium: 56.8µg (81.15%), Vitamin B6: 1.42mg (71.05%), Phosphorus: 672.82mg (67.28%), Vitamin C: 50.41mg (61.11%), Vitamin B2: 0.83mg (48.83%), Potassium: 1301.88mg (37.2%), Zinc: 5.46mg (36.43%), Vitamin B5: 3.09mg (30.87%), Vitamin B1: 0.45mg (30.33%), Copper: 0.54mg (26.95%), Vitamin B12: 1.59µg (26.58%), Vitamin A: 1312.73IU (26.25%), Magnesium: 96.74mg (24.19%), Iron: 3.85mg (21.37%), Vitamin E: 2.7mg (17.98%), Vitamin K: 15.43µg (14.7%), Folate: 42.23µg (10.56%), Calcium: 98.06mg (9.81%), Fiber: 2.26g (9.06%), Manganese: 0.18mg (8.77%), Vitamin D: 0.41µg (2.71%)