



Glazed Cornish Hens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 pound cornish game hens
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 Dash ground pepper red
- ☐ 2 teaspoons juice of lemon
- ☐ 2.5 tablespoons madeira wine
- ☐ 2 tablespoons butter melted

- ☐ 1 tablespoon orange juice unsweetened
- ☐ 0.3 teaspoon orange rind grated
- ☐ 0.3 cup currant jelly red
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons water

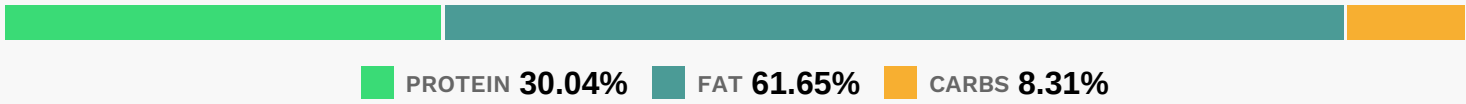
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ broiler pan

Directions

- ☐ Remove giblets from hens; reserve for another use. Rinse hens under cold running water, and pat dry. Split each hen in half lengthwise, using an electric knife.
- ☐ Place hens, cut side down, on rack of a broiler pan coated with cooking spray.
- ☐ Combine jelly and next 9 ingredients in a small saucepan; stir well. Bring to a boil, stirring constantly. Cook, stirring constantly, 1 minute.
- ☐ Remove from heat, and set aside.
- ☐ Sprinkle hens with 1/2 teaspoon salt and black pepper.
- ☐ Brush with melted margarine.
- ☐ Bake, uncovered, at 350 for 20 minutes.
- ☐ Brush hens with half of jelly mixture.
- ☐ Bake an additional 45 to 50 minutes or until done, basting frequently with remaining jelly mixture.
- ☐ Transfer hens to a serving platter. If desired, serve with wild rice and garnish with fresh herbs.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:5.47, Inflammation Score:-4, Nutrition Score:14.2599999902352%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 535.76kcal (26.79%), Fat: 35.64g (54.83%), Saturated Fat: 9.61g (60.06%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.59g (3.85%), Sugar: 7.22g (8.03%), Cholesterol: 229.06mg (76.35%), Sodium: 381.17mg (16.57%), Alcohol: 0.64g (100%), Alcohol %: 0.32% (100%), Protein: 39.08g (78.15%), Vitamin B3: 12.91mg (64.54%), Selenium: 27.42µg (39.17%), Vitamin B6: 0.68mg (33.94%), Phosphorus: 324.64mg (32.46%), Vitamin B2: 0.4mg (23.58%), Zinc: 2.64mg (17.59%), Potassium: 562.83mg (16.08%), Vitamin B5: 1.4mg (14.01%), Vitamin B12: 0.75µg (12.55%), Vitamin B1: 0.17mg (11.54%), Magnesium: 43.4mg (10.85%), Iron: 1.89mg (10.51%), Vitamin A: 425.43IU (8.51%), Copper: 0.13mg (6.49%), Vitamin C: 4.59mg (5.56%), Vitamin E: 0.81mg (5.43%), Vitamin K: 5.63µg (5.36%), Manganese: 0.07mg (3.28%), Calcium: 31.29mg (3.13%), Folate: 9.98µg (2.5%)