



## Glazed Cornish Hens With Pomegranate-Rice Stuffing

 Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



1097 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 pounds cornish game hens dried rinsed
- 3 large egg yolks
- 2 tablespoons cilantro leaves fresh chopped for serving
- 2 tablespoons parsley fresh chopped for serving
- 1 clove garlic minced
- 15 grape leaves jarred
- 0.8 teaspoon ground cinnamon

- 0.8 teaspoon ground cumin
- 0.8 teaspoon ground ginger
- 6 servings kosher salt and pepper freshly ground
- 3 cups chicken broth low-sodium
- 0.8 cup orange juice fresh
- 1 tablespoon pomegranate molasses
- 0.8 cup pomegranate seeds plus more for serving
- 1.5 cups rice blend wild
- 1 large shallots minced
- 6 tablespoons butter unsalted

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- kitchen thermometer
- aluminum foil
- pie form
- kitchen twine

## Directions

- Mix the cinnamon, 4 teaspoons salt and 1/2 teaspoon pepper in a bowl; sprinkle all over the hens and inside the cavities.
- Place the hens on a rack set on a rimmed baking sheet and refrigerate, uncovered, at least 2 hours or overnight. Meanwhile, soak the grape leaves in water 1 hour.
- Bring the chicken broth and 2 cups water to a boil in a saucepan; add the rice blend and cook as the label directs.

- Drain and rinse under cold water.
- Preheat the oven to 400 degrees F. Melt 4 tablespoons butter in a large skillet over medium-high heat.
- Add the shallot, garlic, ginger and cumin and cook, stirring, until soft, about 3 minutes.
- Remove from the heat; add the cooked rice, pomegranate seeds, and chopped parsley and cilantro; toss to coat. Season with salt and pepper.
- Add the egg yolks and stir to combine.
- Make the glaze: Bring the orange juice and pomegranate molasses to a boil in a small skillet over medium heat. Cook until reduced by half, about 5 minutes.
- Remove from the heat and swirl in the remaining 2 tablespoons butter.
- Fill the cavity of each hen with about 1/2 cup of the rice mixture (reserve the rest); tie the legs together with twine. Roast 20 minutes, then brush with the pomegranate glaze. Continue roasting, glazing every 10 minutes, until a thermometer inserted into the thigh registers 165 degrees F to 170 degrees F, 1 hour to 1 hour, 10 minutes. (Rotate the hens halfway through cooking; if the skin gets too dark, cover loosely with foil.)
- Meanwhile, drain the grape leaves and pat dry. Use some of the leaves to line a 9-inch pie dish. Fill with the reserved rice mixture and drizzle with 2 tablespoons water. Cover with the remaining grape leaves, shiny side up, then cover with foil. (If you aren't using grape leaves, spoon the rice into a pie dish, sprinkle with water and cover with foil.) After the hens have roasted about 20 minutes, transfer the rice to the oven and cook until heated through, about 45 minutes.
- Transfer the hens to a platter and add some parsley and cilantro sprigs and pomegranate seeds. Peel the grape leaves off the top of the rice and serve alongside the hens.
- Photograph by Anna Williams

## Nutrition Facts

**PROTEIN 27.82%** **FAT 56.4%** **CARBS 15.78%**

### Properties

Glycemic Index:51.5, Glycemic Load:19.29, Inflammation Score:-9, Nutrition Score:38.838695484659%

### Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 1096.67kcal (54.83%), Fat: 68.29g (105.06%), Saturated Fat: 23.05g (144.08%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 38.42g (13.97%), Sugar: 8.63g (9.58%), Cholesterol: 503.67mg (167.89%), Sodium: 471.69mg (20.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.78g (151.57%), Vitamin B3: 26.2mg (131%), Phosphorus: 799.71mg (79.97%), Selenium: 51.11µg (73.01%), Vitamin B6: 1.4mg (69.81%), Vitamin A: 3139.85IU (62.8%), Vitamin B2: 0.88mg (51.96%), Manganese: 1mg (49.96%), Zinc: 7.26mg (48.39%), Vitamin K: 44.82µg (42.69%), Magnesium: 157.03mg (39.26%), Potassium: 1340.64mg (38.3%), Vitamin B5: 3.18mg (31.78%), Copper: 0.55mg (27.64%), Vitamin C: 22.64mg (27.45%), Iron: 4.92mg (27.32%), Vitamin B12: 1.55µg (25.92%), Vitamin B1: 0.39mg (25.91%), Folate: 89.1µg (22.27%), Fiber: 4.57g (18.29%), Vitamin E: 2.25mg (14.97%), Calcium: 111.32mg (11.13%), Vitamin D: 0.67µg (4.46%)