



Glazed Cornish Hens with Wild Rice-and-Apricot Stuffing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1026 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup celery chopped
- ☐ 3 pound cornish game hens
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup apricots dried finely chopped
- ☐ 0.5 teaspoon thyme leaves dried

- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 0.5 cup fennel bulb chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup madeira wine
- ☐ 1 tablespoon butter
- ☐ 1 cup onion chopped
- ☐ 0.3 cup orange juice
- ☐ 0.8 cup orange juice
- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots minced
- ☐ 1 cup rice wild uncooked

Equipment

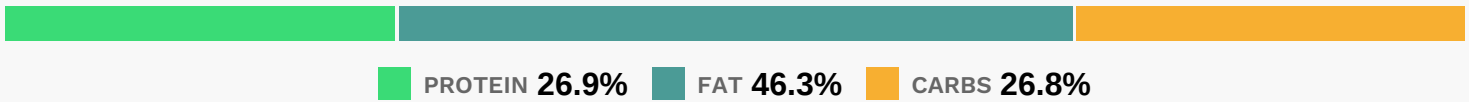
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ To prepare stuffing, bring 3 cups broth to a boil in a medium saucepan.
- ☐ Add wild rice; cover, reduce heat, and simmer 50 minutes or until tender.
- ☐ Drain, and set aside.
- ☐ Preheat oven to 40
- ☐ Melt margarine in a large nonstick skillet over medium heat.
- ☐ Add onion, celery, and chopped fennel; saut 10 minutes or until tender. Stir in rice, chopped apricots, and next 4 ingredients (chopped apricots through pepper).

- ☐ Remove from heat.
- ☐ To prepare glazed hens, remove and discard giblets and necks from hens. Rinse hens with cold water, and pat dry.
- ☐ Remove skin, and trim excess fat. Split hens in half lengthwise. Spoon 4 (1-cup) mounds of wild rice stuffing into a shallow roasting pan coated with cooking spray.
- ☐ Place hen halves, meaty sides up, on top of mounds.
- ☐ Combine 1/4 cup orange juice and apricot preserves in a small bowl. Spoon 1 1/2 tablespoons orange juice mixture over each hen half.
- ☐ Bake at 400 for 40 minutes or until juices run clear.
- ☐ To prepare sauce, place a nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add shallots; saut 5 minutes or until tender.
- ☐ Add 3/4 cup orange juice, 1/2 cup broth, and lemon juice; bring to a boil over medium-high heat, and cook 5 minutes.
- ☐ Combine Madeira and cornstarch; add to skillet. Bring to a boil; reduce heat, and cook 2 minutes or until thick, stirring constantly.
- ☐ Serve sauce over hens.
- ☐ Garnish with fennel fronds, if desired.

Nutrition Facts



Properties

Glycemic Index:97.35, Glycemic Load:23.5, Inflammation Score:-9, Nutrition Score:36.551739112191%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 8.61mg, Hesperetin: 8.61mg, Hesperetin: 8.61mg, Hesperetin: 8.61mg Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 1026.33kcal (51.32%), Fat: 51.67g (79.49%), Saturated Fat: 13.94g (87.16%), Carbohydrates: 67.29g (22.43%), Net Carbohydrates: 61.6g (22.4%), Sugar: 25.64g (28.49%), Cholesterol: 343.6mg (114.53%), Sodium: 1230.35mg (53.49%), Alcohol: 3.09g (100%), Alcohol %: 0.49% (100%), Protein: 67.56g (135.11%), Vitamin B3: 24.03mg (120.14%), Phosphorus: 730.69mg (73.07%), Vitamin B6: 1.37mg (68.74%), Selenium: 46.97µg (67.1%), Vitamin C: 43mg (52.12%), Vitamin B2: 0.79mg (46.61%), Potassium: 1579.04mg (45.12%), Zinc: 6.66mg (44.4%), Manganese: 0.85mg (42.72%), Magnesium: 161.31mg (40.33%), Vitamin B5: 3.12mg (31.24%), Copper: 0.56mg (27.97%), Iron: 5mg (27.79%), Vitamin A: 1380.71IU (27.61%), Vitamin B1: 0.4mg (26.82%), Vitamin B12: 1.52µg (25.39%), Folate: 92.94µg (23.23%), Fiber: 5.69g (22.76%), Vitamin K: 22.87µg (21.78%), Vitamin E: 2.31mg (15.38%), Calcium: 105.11mg (10.51%)