



Grilled Asian Cornish Hens with Asparagus and Portobello Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus
- ☐ 0.3 cup cooking oil
- ☐ 2.5 pounds cornish game hens halved
- ☐ 4 cloves garlic minced
- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 0.3 cup juice of lime (from 2 limes)

- ☐ 0.7 pound portabello mushrooms cut into 1/4-inch slices,
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons soya sauce

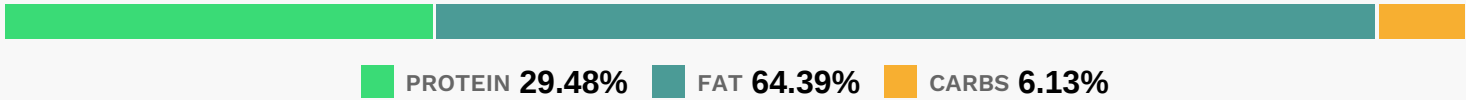
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Light the grill. In a small glass or stainless-steel bowl, combine the soy sauce, lime juice, oil, garlic, ginger, pepper, and salt.
- ☐ Put the hens into two large glass dishes.
- ☐ Pour 1/2 cup of the marinade over them and turn to coat.
- ☐ Let marinate, turning once, for 10 minutes.
- ☐ Cook the hens over moderate heat for 12 minutes. Turn and cook until just done, about 12 minutes longer.
- ☐ Meanwhile, snap off and discard the tough ends of the asparagus. In a medium bowl, toss the asparagus spears with 2 tablespoons of the remaining marinade and grill for about 12 minutes, turning once.
- ☐ In the same bowl, toss the mushrooms with the remaining 2 tablespoons marinade and grill for about 5 minutes per side.
- ☐ Serve the hens with the asparagus and mushrooms alongside.
- ☐ Menu Suggestions: Make your whole dinner outdoors by adding new potatoes or sweet-potato wedges to the grill.
- ☐ Wine Recommendation: An acidic, assertively flavored white wine, such as a sauvignon blanc from Australia or South Africa, is great with the asparagus and the bold flavors of the soy sauce and lime juice.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:33.608695517416%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg, Quercetin: 15.98mg

Nutrients (% of daily need)

Calories: 756.82kcal (37.84%), Fat: 54.23g (83.43%), Saturated Fat: 12.17g (76.08%), Carbohydrates: 11.61g (3.87%), Net Carbohydrates: 7.78g (2.83%), Sugar: 4.78g (5.32%), Cholesterol: 286.33mg (95.44%), Sodium: 1836.56mg (79.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.87g (111.74%), Vitamin B3: 21.75mg (108.78%), Selenium: 51.07µg (72.96%), Vitamin K: 64.51µg (61.44%), Phosphorus: 580.55mg (58.05%), Vitamin B6: 1.15mg (57.61%), Vitamin B2: 0.79mg (46.35%), Potassium: 1270.21mg (36.29%), Manganese: 0.66mg (33.15%), Iron: 5.7mg (31.69%), Copper: 0.62mg (31.24%), Vitamin E: 4.58mg (30.52%), Vitamin B5: 3.04mg (30.43%), Zinc: 4.46mg (29.72%), Vitamin B1: 0.44mg (29.33%), Folate: 95.21µg (23.8%), Vitamin A: 1172.81IU (23.46%), Magnesium: 81.17mg (20.29%), Vitamin B12: 0.97µg (16.22%), Vitamin C: 13.24mg (16.05%), Fiber: 3.84g (15.35%), Calcium: 75.38mg (7.54%), Vitamin D: 0.23µg (1.51%)