



Grilled Cornish Game Hens

 Gluten Free  Dairy Free

READY IN



315 min.

SERVINGS



4

CALORIES



1438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon celery salt
- 6 pound cornish game hens
- 2 cloves garlic peeled chopped
- 1 cup juice of lemon
- 0.5 cup olive oil
- 0.5 onion chopped
- 1 tablespoon pepper
- 1 teaspoon pepper sauce hot

- 1 teaspoon salt
- 1 tablespoon white wine
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- grill

Directions

- In a large, non-reactive bowl, mix onion, garlic, lemon juice, olive oil, white wine, Worcestershire sauce, hot pepper sauce, pepper, celery salt, and salt.
- Place Cornish game hens in the bowl, coating evenly with the marinade mixture. Cover, and marinate in the refrigerator at least 4 hours.
- Preheat an outdoor grill for medium heat, and lightly oil grate.
- Cook hens about 1 hour on the prepared grill, brushing occasionally with remaining marinade, until no longer pink and juices run clear.

Nutrition Facts



PROTEIN 33.33% **FAT 64.58%** **CARBS 2.09%**

Properties

Glycemic Index:26, Glycemic Load:0.62, Inflammation Score:-7, Nutrition Score:38.983043349308%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.84mg, Hesperetin: 8.84mg, Hesperetin: 8.84mg, Hesperetin: 8.84mg Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg, Naringenin: 0.86mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 1437.77kcal (71.89%), Fat: 101.01g (155.4%), Saturated Fat: 27.27g (170.41%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 6.52g (2.37%), Sugar: 2.34g (2.6%), Cholesterol: 687.19mg (229.06%), Sodium: 1625.72mg (70.68%), Alcohol: 0.39g (100%), Alcohol %: 0.06% (100%), Protein: 117.31g (234.62%), Vitamin B3: 38.73mg (193.64%), Selenium: 80.72µg (115.31%), Vitamin B6: 2.08mg (103.91%), Phosphorus: 967.76mg (96.78%), Vitamin B2: 1.18mg (69.25%), Zinc: 7.93mg (52.83%), Potassium: 1730.97mg (49.46%), Vitamin B5: 4.27mg (42.73%), Vitamin B12: 2.25µg (37.42%), Vitamin C: 29.44mg (35.68%), Vitamin B1: 0.52mg (34.92%), Magnesium: 131.1mg (32.77%), Iron: 5.69mg (31.61%), Vitamin K: 22.17µg (21.11%), Copper: 0.38mg (18.86%), Vitamin E: 2.8mg (18.64%), Manganese: 0.36mg (17.91%), Vitamin A: 749.9IU (15%), Calcium: 93.82mg (9.38%), Folate: 35.74µg (8.94%), Fiber: 0.83g (3.32%)