



## Grilled Cornish Game Hens with Apricot-Chipotle Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apple cider
- 8 servings apricot-chipotle glaze
- 1 teaspoon peppercorns black
- 4 cornish game hens split
- 2 tablespoons kosher salt

### Equipment

- bowl

- paper towels
- oven
- grill
- kitchen thermometer

## Directions

- Rinse game hens with cold water, pat dry with paper towels, and set aside.
- Combine cider, salt, and peppercorns in a large bowl or heavy-duty zip-top freezer bag.
- Add game hens, and marinate in refrigerator at least 4 hours.
- Remove hens from marinade.
- Place on preheated grill at medium-low heat. Grill 30 to 35 minutes or until a thermometer inserted in the meaty part of the thigh registers 16
- During the last 10 minutes of grilling, reduce heat to low; brush hens with half of the Apricot-Chipotle Glaze.
- Brush with remaining glaze before serving.
- Note: Hens can be baked in an oven at 350 for 20 to 25 minutes or until a thermometer inserted in the meaty part of the thigh registers 165.

## Nutrition Facts

 **PROTEIN 34.06%**  **FAT 62.6%**  **CARBS 3.34%**

## Properties

Glycemic Index:14.3, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:13.86217401857%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 465.43kcal (23.27%), Fat: 31.61g (48.62%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2.93g (3.26%), Cholesterol: 227.25mg (75.75%), Sodium: 1882.66mg

(81.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.69g (77.38%), Vitamin B3: 12.8mg (64.01%), Selenium: 26.61µg (38.02%), Vitamin B6: 0.67mg (33.56%), Phosphorus: 318.16mg (31.82%), Vitamin B2: 0.39mg (22.88%), Zinc: 2.61mg (17.38%), Potassium: 571.05mg (16.32%), Vitamin B5: 1.39mg (13.95%), Vitamin B12: 0.74µg (12.38%), Vitamin B1: 0.17mg (11.42%), Magnesium: 43.06mg (10.77%), Iron: 1.86mg (10.35%), Manganese: 0.13mg (6.66%), Copper: 0.12mg (6.16%), Vitamin K: 6.33µg (6.03%), Vitamin A: 265.56IU (5.31%), Vitamin E: 0.65mg (4.32%), Calcium: 30.76mg (3.08%), Vitamin C: 1.49mg (1.81%), Folate: 6.93µg (1.73%)