



Grilled Cornish Game Hens with Lemon, Sumac, and Date Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup coarse kosher salt
- ☐ 6.3 pound cornish game hens
- ☐ 8 servings date relish
- ☐ 4 garlic cloves peeled
- ☐ 2 tablespoons ground sumac
- ☐ 10 slices optional: lemon very thin
- ☐ 1 cup juice of lemon fresh divided

- ☐ 0.5 cup olive oil
- ☐ 9 cups water

Equipment

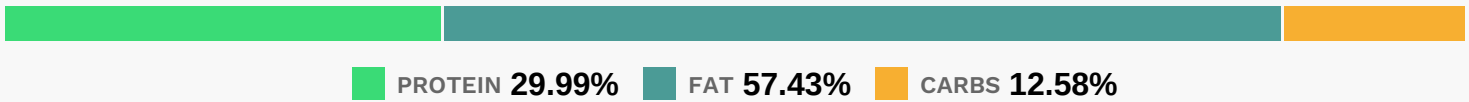
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ Combine 9 cups water, 1/2 cup lemon juice, and coarse salt in large nonreactive pot. Stir until salt dissolves.
- ☐ Add hen halves and press to submerge. Refrigerate hens in brine, weighing down with heavy plate if needed, at least 6 hours and up to 1 day.
- ☐ Whisk 1/2 cup lemon juice, oil, and sumac in medium bowl. Press in garlic cloves; season with pepper.
- ☐ Let dressing stand 15 minutes to thicken slightly, whisking occasionally.
- ☐ Drain hens. Pat dry with paper towels; arrange on large rimmed baking sheet. Using fingertips, loosen skin of breast meat on each hen half.
- ☐ Brush some dressing under skin onto breast meat of each hen; place lemon slice onto breast meat and pull skin over to cover.
- ☐ Brush hens all over with remaining dressing. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Place hens, skin side up, on grill rack. Cover and grill until bottom sides are brown, about 8 minutes. Turn hens over; grill uncovered until skin sides brown, about 6 minutes. Continue to grill until hens are cooked through, turning occasionally, about 9 minutes longer.
- ☐ Transfer hens to platter.

- ☐ Serve with
- ☐ Date Relish.
- ☐ *Ground, dried, reddish–purple berries that grow wild throughout the Middle East; available at specialty foods stores and Middle
- ☐ Eastern markets.

Nutrition Facts



Properties

Glycemic Index:13.44, Glycemic Load:10.74, Inflammation Score:-5, Nutrition Score:24.637826069542%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Eriodictyol: 3.36mg, Eriodictyol: 3.36mg, Eriodictyol: 3.36mg, Eriodictyol: 3.36mg Hesperetin: 6.85mg, Hesperetin: 6.85mg, Hesperetin: 6.85mg, Hesperetin: 6.85mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 828.69kcal (41.43%), Fat: 52.61g (80.93%), Saturated Fat: 14.18g (88.65%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 23.15g (8.42%), Sugar: 20.02g (22.25%), Cholesterol: 357.91mg (119.3%), Sodium: 7304.2mg (317.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.81g (123.62%), Vitamin B3: 20.54mg (102.69%), Selenium: 43.01µg (61.45%), Vitamin B6: 1.13mg (56.73%), Phosphorus: 520.85mg (52.09%), Vitamin B2: 0.63mg (37.07%), Potassium: 1084.1mg (30.97%), Zinc: 4.24mg (28.3%), Vitamin B5: 2.4mg (24%), Vitamin C: 18.8mg (22.79%), Magnesium: 82.44mg (20.61%), Vitamin B12: 1.17µg (19.49%), Vitamin B1: 0.29mg (19.21%), Iron: 3.25mg (18.04%), Copper: 0.3mg (14.81%), Fiber: 2.77g (11.07%), Vitamin K: 10.97µg (10.44%), Vitamin E: 1.46mg (9.71%), Manganese: 0.18mg (9.25%), Vitamin A: 389.61IU (7.79%), Calcium: 69.89mg (6.99%), Folate: 23.44µg (5.86%)