



## Grilled Cornish Hens with Apricot-Mustard Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup apricot preserves
- 0.5 teaspoon pepper black freshly ground
- 36 ounce cornish game hens quartered
- 2 tablespoons flat-leaf parsley fresh chopped
- 2 tablespoons mint leaves fresh chopped
- 0.3 teaspoon kosher salt
- 0.3 cup mustard stone-ground

- 2 teaspoons citrus champagne vinegar

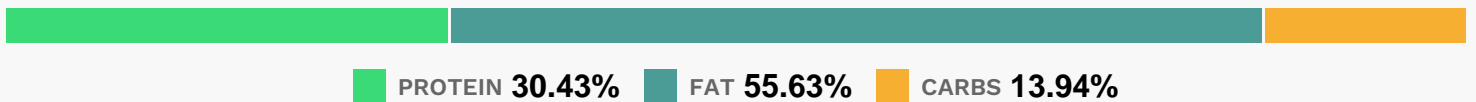
## Equipment

- whisk
- grill
- kitchen thermometer
- ziploc bags

## Directions

- Combine preserves, mustard, parsley, mint, and vinegar, stirring with a whisk.
- Sprinkle hens with salt and pepper.
- Place 1/4 cup apricot mixture in a large zip-top plastic bag.
- Add hens; seal and marinate in refrigerator 1 hour, turning bag occasionally.
- Prepare grill to medium-high heat.
- Remove hens from bag; discard marinade.
- Place hens on grill rack coated with cooking spray; grill 12 minutes or until thermometer registers 180, turning hens occasionally and basting frequently with apricot mixture.

## Nutrition Facts



## Properties

Glycemic Index:48, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:36.03173919346%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 8.89mg, Apigenin: 8.89mg, Apigenin: 8.89mg, Apigenin: 8.89mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 1189.85kcal (59.49%), Fat: 72.81g (112.01%), Saturated Fat: 19.96g (124.75%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 38.9g (14.14%), Sugar: 26.15g (29.05%), Cholesterol: 515.39mg (171.8%), Sodium: 972.29mg (42.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 89.61g (179.22%), Vitamin B3: 29.3mg (146.49%), Selenium: 72.01µg (102.87%), Vitamin B6: 1.55mg (77.51%), Phosphorus: 756.96mg (75.7%), Vitamin K: 79.13µg (75.36%), Vitamin B2: 0.92mg (54.07%), Zinc: 6.21mg (41.4%), Potassium: 1355.78mg (38.74%), Vitamin B5: 3.25mg (32.53%), Iron: 5.34mg (29.67%), Vitamin B1: 0.44mg (29.29%), Magnesium: 116.22mg (29.06%), Vitamin B12: 1.68µg (28.07%), Vitamin A: 1246.56IU (24.93%), Manganese: 0.37mg (18.36%), Copper: 0.36mg (18.1%), Vitamin C: 14.82mg (17.96%), Vitamin E: 1.65mg (11%), Calcium: 107.94mg (10.79%), Fiber: 2.17g (8.7%), Folate: 29.94µg (7.49%)