



Grilled Cornish Hens with Honey Mustard-Cilantro Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1023 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons celery seed
- ☐ 1 cup cilantro leaves
- ☐ 3.8 pound cornish game hens
- ☐ 3 tablespoons ground mustard dry
- ☐ 0.3 cup garlic clove chopped
- ☐ 2 cups honey
- ☐ 3 tablespoons mustard seeds

- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons pepper black
- ☐ 2 teaspoons salt
- ☐ 3 tablespoons vinegar white

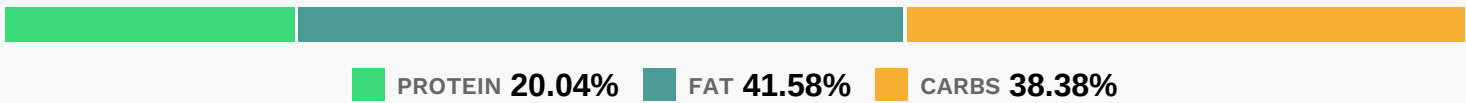
Equipment

- ☐ frying pan
- ☐ blender
- ☐ grill

Directions

- ☐ Remove and discard giblets and necks from hens. Rinse hens with cold water; pat dry.
- ☐ Remove skin; trim excess fat. Split hens in half lengthwise.
- ☐ Combine the mustard seeds and celery seeds in a small skillet; cook over medium heat 1 minute or until toasted.
- ☐ Place seeds in a blender, and process until ground.
- ☐ Add honey and the next 7 ingredients (honey through garlic); process mixture until well-blended.
- ☐ Place hens and 1 cup honey mixture in a shallow dish; cover and marinate in refrigerator 8 hours, reserving remaining honey mixture.
- ☐ Prepare grill.
- ☐ Remove hens from dish; discard marinade.
- ☐ Place hens on grill rack coated with cooking spray; grill 25 minutes or until juices run clear, turning and basting frequently with the reserved honey mixture.

Nutrition Facts



Properties

Glycemic Index:32.71, Glycemic Load:49.46, Inflammation Score:-6, Nutrition Score:26.380000155905%

Flavonoids

Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg, Apigenin: 1.58mg Luteolin: 15.25mg, Luteolin: 15.25mg, Luteolin: 15.25mg, Luteolin: 15.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 1023.35kcal (51.17%), Fat: 48.32g (74.34%), Saturated Fat: 11.94g (74.64%), Carbohydrates: 100.36g (33.45%), Net Carbohydrates: 97.85g (35.58%), Sugar: 93.5g (103.89%), Cholesterol: 286.33mg (95.44%), Sodium: 960.03mg (41.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.4g (104.79%), Vitamin B3: 16.82mg (84.08%), Selenium: 54.35µg (77.64%), Phosphorus: 501.88mg (50.19%), Manganese: 1mg (50.13%), Vitamin B6: 1mg (50%), Vitamin B2: 0.57mg (33.54%), Zinc: 4.31mg (28.75%), Iron: 4.88mg (27.13%), Potassium: 899.08mg (25.69%), Magnesium: 102.73mg (25.68%), Vitamin K: 23.37µg (22.26%), Vitamin B1: 0.3mg (20.17%), Vitamin B5: 1.97mg (19.67%), Copper: 0.33mg (16.45%), Vitamin B12: 0.94µg (15.59%), Vitamin E: 2.05mg (13.64%), Calcium: 123.58mg (12.36%), Vitamin A: 506.87IU (10.14%), Fiber: 2.51g (10.05%), Folate: 27.88µg (6.97%), Vitamin C: 5.45mg (6.61%)