



Grilled Cornish Hens with Rice and Sicilian Butter

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



961 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 0.3 cup olives black such as kalamata, halved and pitted
- ☐ 8 tablespoons butter at room temperature
- ☐ 4 servings rice boiled steamed for serving
- ☐ 2 tablespoons cooking oil
- ☐ 2.5 pounds cornish game hens halved
- ☐ 2 cloves garlic minced

- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 2 teaspoons orange juice
- ☐ 1 tablespoon orange zest grated (from 1 navel orange)

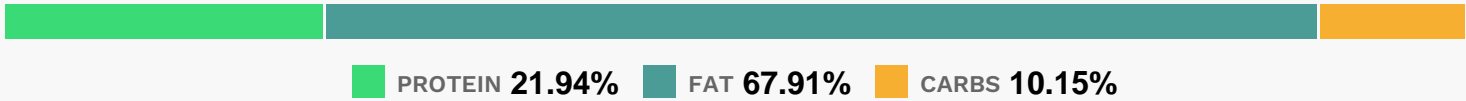
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ spatula

Directions

- ☐ Light the grill. In a food processor, puree the butter and olives with the anchovy paste, orange zest, orange juice, garlic, and pepper. With a rubber spatula, scrape the butter into a small bowl and refrigerate.
- ☐ Rub the hens with oil and cook over moderate heat for 12 minutes. Turn and cook until just done, about 12 minutes longer.
- ☐ Remove the hens from the grill and serve with the rice. Top each serving with 2 tablespoons of the flavored butter, letting the butter melt over both the hen and the rice.
- ☐ Menu Suggestions: You might grill some eggplant slices and drizzle them with balsamic vinegar to go with these hens.
- ☐ Sauted broccoli rabe with garlic and a sprinkling of Parmesan would also match the Italian mood.
- ☐ Wine Recommendation: The saltiness of olives and anchovies can make the wrong wine appear coarse and too alcoholic. A ros is the perfect choice. If you can find one from Sicily, buy it. If not, pick a bottle from Navarre in Spain or from the south of France.

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:24.26, Inflammation Score:-6, Nutrition Score:22.238261019406%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 960.88kcal (48.04%), Fat: 71.71g (110.33%), Saturated Fat: 26.29g (164.34%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 23.27g (8.46%), Sugar: 0.74g (0.82%), Cholesterol: 349.08mg (116.36%), Sodium: 639.71mg (27.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.13g (104.26%), Vitamin B3: 17.08mg (85.41%), Selenium: 42.02µg (60.03%), Vitamin B6: 0.94mg (47.17%), Phosphorus: 449.53mg (44.95%), Vitamin B2: 0.52mg (30.48%), Zinc: 3.77mg (25.16%), Manganese: 0.46mg (23.19%), Vitamin E: 3.24mg (21.59%), Vitamin A: 1068.26IU (21.37%), Potassium: 745.28mg (21.29%), Vitamin B5: 2.12mg (21.22%), Vitamin B12: 1.01µg (16.83%), Magnesium: 65.76mg (16.44%), Vitamin B1: 0.24mg (15.84%), Iron: 2.62mg (14.55%), Vitamin K: 14.51µg (13.82%), Copper: 0.23mg (11.31%), Vitamin C: 5.82mg (7.05%), Calcium: 63.86mg (6.39%), Folate: 14.82µg (3.7%), Fiber: 0.84g (3.35%)