



Grilled Cornish Hens with Sun-Dried-Tomato Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds cornish game hens halved
- ☐ 2 cloves garlic chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.8 teaspoon salt

☐ 0.7 cup sun-dried tomatoes packed in oil, drained

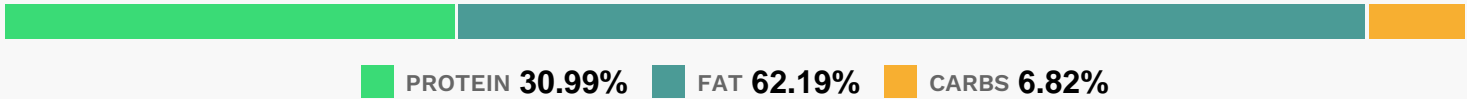
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ grill

Directions

- ☐ Light the grill. In a food processor or blender, mince the tomatoes and garlic with the Parmesan, salt, pepper, and lemon juice. With the machine running, add the oil in a thin stream and continue whirring until the ingredients are well mixed.
- ☐ With your fingers, loosen the skin from the breast meat of each hen, leaving the skin around the edge attached. For each half hen, spread 1 tablespoon of pesto under the skin and 1 tablespoon over it. Cook the hens over moderate heat, skin-side down, for 12 minutes. Turn the hens and cook until just done, about 12 minutes longer.
- ☐ Menu Suggestions: Creamy polenta topped with a dollop of the extra pesto will be perfect with the hens. Also, since the grill is already hot, you might throw on some vegetables--peppers, zucchini, asparagus.
- ☐ Reconstituting Sun-Dried Tomatoes
- ☐ In a small pan, bring enough water to a boil to cover the dried tomatoes.
- ☐ Add the tomatoes, then remove from the heat and let them steep in the hot water for about 5 minutes.
- ☐ Drain.
- ☐ Wine Recommendation: For this grilled dish, with its smoke, salt, and acidity (from tomatoes), choose a wine that's simple and refreshing. Among the many options are Italian red wines with good acidity such as Chianti Classico or dolcetto.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:2.55, Inflammation Score:-5, Nutrition Score:23.990434682888%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 681.19kcal (34.06%), Fat: 46.76g (71.94%), Saturated Fat: 12.44g (77.73%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 9.2g (3.35%), Sugar: 7.01g (7.78%), Cholesterol: 289.59mg (96.53%), Sodium: 694.63mg (30.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.44g (104.87%), Vitamin B3: 17.77mg (88.83%), Selenium: 36µg (51.42%), Phosphorus: 488.73mg (48.87%), Vitamin B6: 0.92mg (46.05%), Potassium: 1316.46mg (37.61%), Vitamin B2: 0.59mg (34.53%), Zinc: 3.81mg (25.4%), Magnesium: 88.73mg (22.18%), Iron: 3.97mg (22.05%), Manganese: 0.43mg (21.48%), Vitamin B5: 2.14mg (21.37%), Vitamin B1: 0.31mg (20.59%), Copper: 0.41mg (20.39%), Vitamin K: 18.23µg (17.36%), Vitamin B12: 0.99µg (16.44%), Vitamin C: 10.52mg (12.76%), Vitamin E: 1.6mg (10.67%), Vitamin A: 499.89IU (10%), Fiber: 2.33g (9.32%), Calcium: 88.32mg (8.83%), Folate: 22.01µg (5.5%)