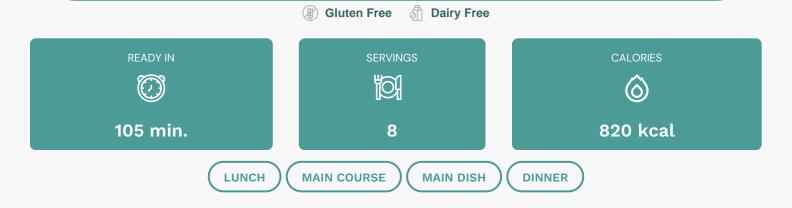


Grilled Cornish Hens with Tomato-Orange Sauce



Ingredients

ш	i serving vegetable oil
	6 lb cornish game hens
	2 tablespoons olive oil
	0.5 teaspoon salt
	0.3 teaspoon pepper
	0.5 cup orange marmalade

0.5 cup orange juice

П	O.3 teaspoon salt	
	0.1 teaspoon pepper	
	2 cups canned tomatoes diced organic drained (from 28-oz can)	
	0.3 cup basil dried fresh thinly sliced	
Equipment		
	sauce pan	
	grill	
	kitchen thermometer	
	kitchen scissors	
Diı	rections	
	Brush grill rack with vegetable oil.	
	Heat coals or gas grill for direct heat. With kitchen scissors, cut each hen in half along backbone from tail to neck.	
	Brush hen halves with basil-flavored oil.	
	Sprinkle with salt and pepper. Insert barbecue meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone.	
	Place hen halves, skin side down, on grill rack. Cover and grill over medium heat 30 to 40 minutes, brushing occasionally with basil-flavored oil and turning once, until juice of hens is clear when thickest pieces are cut to bone (at least 165°F).	
	Let stand loosely covered about 15 minutes before serving.	
	While hens are grilling, make sauce. In 1-quart saucepan, heat all sauce ingredients except basil to boiling; reduce heat. Simmer uncovered about 25 minutes or until sauce thickens slightly. Stir in basil. Simmer 5 minutes.	
	Serve warm with hens.	
Nutrition Facts		
PROTEIN 29.96% FAT 58.85% CARBS 11.19%		

Properties

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 819.8kcal (40.99%), Fat: 53.45g (82.23%), Saturated Fat: 14.17g (88.58%), Carbohydrates: 22.87g (7.62%), Net Carbohydrates: 18.74g (6.81%), Sugar: 16.09g (17.88%), Cholesterol: 343.6mg (114.53%), Sodium: 522.46mg (22.72%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 61.21g (122.43%), Vitamin K: 143.62μg (136.79%), Vitamin B3: 20.48mg (102.41%), Vitamin B6: 1.2mg (60.18%), Selenium: 40.87μg (58.38%), Iron: 10.17mg (56.51%), Phosphorus: 519.47mg (51.95%), Manganese: 0.91mg (45.42%), Vitamin B2: 0.71mg (41.67%), Potassium: 1214.3mg (34.69%), Magnesium: 128.17mg (32.04%), Zinc: 4.62mg (30.79%), Vitamin B5: 2.34mg (23.36%), Calcium: 233.49mg (23.35%), Copper: 0.46mg (22.95%), Vitamin E: 3.17mg (21.11%), Vitamin B1: 0.31mg (20.98%), Vitamin C: 16.04mg (19.44%), Vitamin B12: 1.12μg (18.71%), Fiber: 4.13g (16.53%), Vitamin A: 596.4IU (11.93%), Folate: 47.46μg (11.86%)