



Grilled Cornish Hens with Tomato-Orange Sauce

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



820 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 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

- 0.3 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

Directions

- 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



Properties

Glycemic Index:19.25, Glycemic Load:2.07, Inflammation Score:-6, Nutrition Score:34.863043453382%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)