



Grilled Cornish Hens with Warm Potato and Portobello Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1031 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons cooking oil
- 2.5 pounds cornish game hens halved
- 0.5 cup flat-leaf parsley chopped
- 1 clove garlic minced
- 0.8 teaspoon fresh-ground pepper black
- 0.3 cup olive oil
- 1.5 pounds portabello mushrooms (4)

- 1.8 pounds potatoes boiling (5)
- 1.3 teaspoons salt

Equipment

- bowl
- sauce pan
- grill

Directions

- Put the potatoes in a medium saucepan of salted water. Bring to a boil, reduce the heat, and cook at a gentle boil until tender, about 30 minutes.
- Drain.
- Meanwhile, light the grill. Coat the portobello caps with 2 tablespoons of the cooking oil and sprinkle with 1/4 teaspoon of the salt and 1/4 teaspoon of the pepper. Grill the portobellos, turning, until browned and just done, about 15 minutes.
- Remove.
- Coat the hens with the remaining 2 tablespoons cooking oil.
- Sprinkle with 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Grill over moderate heat for 12 minutes. Turn and cook until just done, about 12 minutes longer.
- When the potatoes and portobellos are cool enough to handle, peel the potatoes and cut them and the portobellos into 1/4-inch slices.
- Put them in a large bowl and add the olive oil, garlic, parsley, and the remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Mound on plates and top with the hens.
- Test-Kitchen Tip: We like extra-virgin olive oil in this potato salad, but sometimes it's so powerful that it overwhelms the potatoes. If yours is strong, mix it half and half with a less exalted oil.
- Wine Recommendation: The clean, minerally taste of a chardonnay-based Mcon-Villages or St-Vran from Burgundy will highlight the hens and potatoes.

Nutrition Facts



■ PROTEIN 21.73% ■ FAT 63.17% ■ CARBS 15.1%

Properties

Glycemic Index:23.5, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:41.19826028658%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 1030.96kcal (51.55%), Fat: 72.69g (111.84%), Saturated Fat: 14.73g (92.06%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 33.16g (12.06%), Sugar: 6.89g (7.65%), Cholesterol: 286.33mg (95.44%), Sodium: 955.44mg (41.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.27g (112.54%), Vitamin K: 157µg (149.53%), Vitamin B3: 26.12mg (130.6%), Selenium: 66.22µg (94.6%), Vitamin B6: 1.44mg (72.13%), Phosphorus: 707.74mg (70.77%), Potassium: 2241.01mg (64.03%), Copper: 0.91mg (45.51%), Vitamin B2: 0.77mg (45.5%), Vitamin B5: 4.26mg (42.59%), Vitamin E: 5.95mg (39.67%), Vitamin C: 28.69mg (34.78%), Zinc: 4.91mg (32.75%), Vitamin B1: 0.48mg (31.76%), Iron: 4.81mg (26.71%), Manganese: 0.52mg (25.84%), Folate: 103.34µg (25.83%), Magnesium: 99.28mg (24.82%), Fiber: 5.94g (23.77%), Vitamin A: 953.98IU (19.08%), Vitamin B12: 1.02µg (17.01%), Calcium: 70.13mg (7.01%), Vitamin D: 0.51µg (3.4%)