



Grilled Cornish Hens with Warm Potato and Portobello Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1042 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pounds cornish game hens halved lengthwise
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup olive oil
- ☐ 1.5 pounds portabello mushrooms
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.3 cup vegetable oil

- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1.8 pounds yukon gold potatoes

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ grill

Directions

- ☐ Put the potatoes in a medium saucepan of salted water. Bring to a boil, reduce the heat and cook until tender, 25 to 30 minutes.
- ☐ Drain.
- ☐ Meanwhile, light a grill or preheat the oven to 50
- ☐ Brush the Portobellos with 2 tablespoons of the vegetable oil and sprinkle with 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Grill the mushrooms or roast them on a baking sheet, turning once, for about 15 minutes, or until browned and cooked through.
- ☐ Brush the hens with the remaining 2 tablespoons of vegetable oil and sprinkle them with 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Grill over moderate heat or roast in the oven on a large rimmed baking sheet for 12 minutes. Turn and cook for about 12 minutes longer, or until the juices run clear when a thigh is pierced.
- ☐ Peel the potatoes. Slice the potatoes and mushrooms 1/4 inch thick and transfer to a large bowl.
- ☐ Add the parsley, olive oil, garlic and vinegar and season with salt and pepper. Toss gently but thoroughly. Mound the salad on plates and top each serving with 1 of the hen halves.
- ☐ Wine Recommendation: The clean taste of a Chardonnay-based Mcon-Villages from Burgundy will highlight the Cornish hens and potatoes. Try the 1996 from Louis Jadot.

Nutrition Facts



 **PROTEIN 21.64%**  **FAT 62.19%**  **CARBS 16.17%**

Properties

Glycemic Index:36.44, Glycemic Load:25.59, Inflammation Score:-8, Nutrition Score:42.419565511786%

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: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 1042.43kcal (52.12%), Fat: 72.21g (111.09%), Saturated Fat: 15.75g (98.47%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 35.38g (12.86%), Sugar: 5.88g (6.53%), Cholesterol: 286.33mg (95.44%), Sodium: 399.05mg (17.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.54g (113.07%), Vitamin K: 169.49µg (161.42%), Vitamin B3: 25.93mg (129.66%), Selenium: 65.91µg (94.15%), Vitamin B6: 1.7mg (84.94%), Phosphorus: 700.66mg (70.07%), Potassium: 2172.91mg (62.08%), Vitamin C: 50.97mg (61.79%), Vitamin B2: 0.78mg (45.62%), Vitamin B5: 4.29mg (42.92%), Copper: 0.86mg (42.79%), Zinc: 4.84mg (32.24%), Vitamin B1: 0.48mg (31.7%), Vitamin E: 4.61mg (30.74%), Fiber: 6.86g (27.42%), Iron: 4.9mg (27.22%), Manganese: 0.51mg (25.28%), Magnesium: 100.95mg (25.24%), Folate: 99.33µg (24.83%), Vitamin A: 942.08IU (18.84%), Vitamin B12: 1.02µg (17.01%), Calcium: 73.69mg (7.37%), Vitamin D: 0.51µg (3.4%)