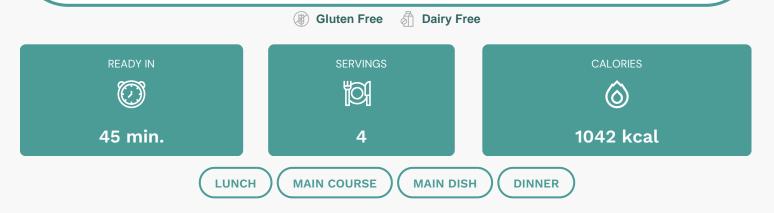


Grilled Cornish Hens with Warm Potato and Portobello Salad



Ingredients

2.5 pounds cornish game hens halved lengthwise
O.5 cup flat-leaf parsley chopped
2 garlic cloves minced
O.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
Eq	uipment
	bowl
	baking sheet
	sauce pan
	oven
	grill
	. .
Dii	rections
	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

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: O.1mg, Luteolin: O.1mg, Luteolin: O.1mg, Luteolin: O.1mg, Kaempferol: 1.7mg, Kae

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 %: O% (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%)