



Grilled Game Hens with Basmati, Dried Currant, and Almond Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup almonds
- ☐ 4 cups arugula fresh loosely packed ()
- ☐ 2 cups rice
- ☐ 2.5 teaspoons chili powder divided
- ☐ 6 pound cornish game hens
- ☐ 0.3 cup currants dried
- ☐ 2 tablespoons thyme sprigs fresh chopped

- ☐ 1 tablespoon garlic powder
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon kosher salt
- ☐ 4 cups chicken broth
- ☐ 9 tablespoons olive oil divided
- ☐ 2 tablespoons onion powder
- ☐ 0.3 cup red wine vinegar

Equipment

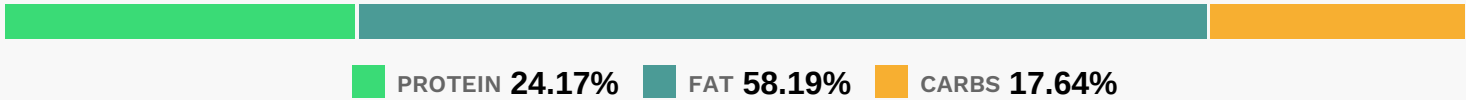
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Mix 3 tablespoons oil, 2 teaspoons chili powder, and next 5 ingredients in small bowl until paste forms.
- ☐ Spread paste all over hens.
- ☐ Let marinate 30 minutes at room temperature.
- ☐ Prepare barbecue (medium heat). Grill hens until cooked through, turning occasionally, about 35 minutes.
- ☐ Transfer to platter and cool. (Can be made 6 hours ahead; cover and refrigerate.)
- ☐ Heat 2 tablespoons oil in heavy large saucepan over medium-high heat.
- ☐ Add rice and stir 3 minutes.
- ☐ Add broth and currants; bring to boil. Reduce heat to low; cover and simmer until liquid is absorbed, about 15 minutes.
- ☐ Remove from heat and let stand, covered, 5 minutes.
- ☐ Place arugula in large bowl. Top with hot rice; toss to wilt arugula. Cool.
- ☐ Whisk remaining 4 tablespoons oil, 1/2 teaspoon chili powder, and vinegar in small bowl; pour over rice, add almonds, and toss. (Can be made 3 hours ahead.)

- ☐ Let stand at room temperature.)
- ☐ Serve game hens with rice.

Nutrition Facts



Properties

Glycemic Index:26.27, Glycemic Load:23.7, Inflammation Score:-9, Nutrition Score:34.040434671485%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg, Isorhamnetin: 0.9mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 1145.25kcal (57.26%), Fat: 73.61g (113.24%), Saturated Fat: 16.43g (102.66%), Carbohydrates: 50.19g (16.73%), Net Carbohydrates: 46.08g (16.76%), Sugar: 5.12g (5.68%), Cholesterol: 343.6mg (114.53%), Sodium: 1135.97mg (49.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 68.8g (137.6%), Vitamin B3: 22.56mg (112.78%), Selenium: 48.56µg (69.37%), Phosphorus: 676.28mg (67.63%), Vitamin B6: 1.19mg (59.47%), Manganese: 1.12mg (56.06%), Vitamin E: 8.15mg (54.32%), Vitamin B2: 0.87mg (51.44%), Zinc: 5.33mg (35.51%), Potassium: 1228.99mg (35.11%), Magnesium: 136.11mg (34.03%), Copper: 0.57mg (28.65%), Vitamin K: 29.73µg (28.32%), Iron: 4.87mg (27.07%), Vitamin B5: 2.71mg (27.06%), Vitamin B1: 0.35mg (23.08%), Vitamin B12: 1.24µg (20.68%), Vitamin A: 878.41IU (17.57%), Fiber: 4.11g (16.44%), Calcium: 142.81mg (14.28%), Folate: 34.64µg (8.66%), Vitamin C: 6.75mg (8.18%)