



## Grilled Game Hens with Blood Orange & Rosemary



Gluten Free



Dairy Free



Low Fod Map

READY IN



180 min.

SERVINGS



2

CALORIES



1037 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 juice of blood orange juiced
- ☐ 1 tablespoon asian chili garlic sauce
- ☐ 2 cornish game hens
- ☐ 6 sprigs rosemary fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 servings salt and pepper black freshly ground to taste

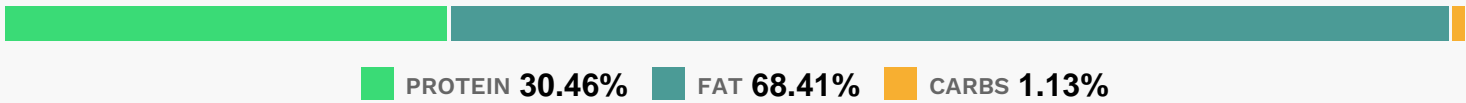
### Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

## Directions

- ☐ Place game hens in a large bowl; drizzle hens with olive oil and blood orange juice.
- ☐ Sprinkle with chopped rosemary and rosemary sprigs.
- ☐ Add Asian chili paste to hens; season with salt and pepper. Stir chickens in the seasonings and juice to coat. Use your fingers to loosen the skin over the breasts and spread a little of the marinade under the skin.
- ☐ Refrigerate with breast sides down for 2 hours to marinate.
- ☐ Preheat outdoor grill (preferably charcoal) for medium heat (one layer of coals).
- ☐ Drain chickens and discard marinade.
- ☐ Place chickens with breast sides down onto grill and cover with grill lid with the vents open. Cook until breast sides are evenly browned, 7 to 10 minutes. Flip chickens and cook on their backs with cover (vents open) until the juices run clear, hip joints move easily, and meat is no longer pink inside. An instant-read meat thermometer inserted into the thickest part of a thigh reads at least 160 degrees F (70 degrees C), 30 to 35 more minutes.
- ☐ Close the grill vents on the lid halfway. Flip chickens back onto breasts, close lid, and cook for 2 to 3 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:37.25, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:26.800869703293%

## Flavonoids

Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1037.32kcal (51.87%), Fat: 77.12g (118.64%), Saturated Fat: 19.45g (121.55%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 2.29g (0.83%), Sugar: 2.08g (2.31%), Cholesterol: 454.5mg (151.5%), Sodium: 692.48mg (30.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 77.26g (154.51%), Vitamin B3: 25.56mg (127.8%), Selenium: 53.14µg (75.91%), Vitamin B6: 1.33mg (66.63%), Phosphorus: 631.27mg (63.13%), Vitamin B2: 0.77mg (45.19%), Zinc: 5.18mg (34.56%), Potassium: 1077.24mg (30.78%), Vitamin B5: 2.76mg (27.61%), Vitamin B12: 1.49µg (24.75%), Vitamin B1: 0.33mg (22.29%), Vitamin E: 3.29mg (21.92%), Magnesium: 82.09mg (20.52%), Iron: 3.62mg (20.14%), Vitamin K: 19.39µg (18.47%), Copper: 0.23mg (11.28%), Vitamin A: 509.94IU (10.2%), Vitamin C: 5.77mg (7%), Calcium: 53.63mg (5.36%), Manganese: 0.09mg (4.46%), Folate: 15.79µg (3.95%), Fiber: 0.57g (2.27%)