



Grilled Herbed Poussins



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



1007 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil chopped
- ☐ 4 pound cornish game hens split
- ☐ 2 bay leaf fresh finely chopped
- ☐ 2 small garlic clove chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1.5 tablespoons rosemary finely chopped
- ☐ 1 tablespoon thyme leaves

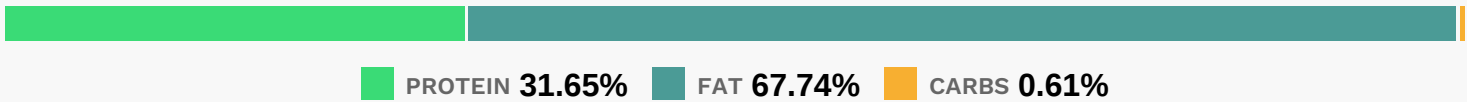
Equipment

- ☐ blender
- ☐ roasting pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Blend together herbs, oil, garlic, 1 tablespoon salt, and 1/2 teaspoon pepper in a blender until finely chopped, then rub all over poussins.
- ☐ Prepare grill for indirect-heat cooking over medium-hot charcoal (medium-high heat for gas); see Grilling Procedure.
- ☐ Oil grill rack, then grill poussins, skin sides down first, directly over coals, turning once, until well browned, 2 to 3 minutes. Move poussins to area with no coals underneath and grill, covered, until just cooked through, 15 to 20 minutes more.
- ☐ Transfer poussins to a platter and let stand 10 minutes.
- ☐ •Poussins can be rubbed with herb paste 1 day ahead and chilled. •To cook poussins indoors, brown them as above in a hot large ridged grill pan over medium-high heat, then cover with an inverted roasting pan. Reduce heat to medium and cook about 18 minutes.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:27.842608462209%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1006.99kcal (50.35%), Fat: 74.26g (114.24%), Saturated Fat: 19.16g (119.75%), Carbohydrates: 1.48g (0.49%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.02g (0.02%), Cholesterol: 458.13mg (152.71%), Sodium: 277.76mg (12.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 78.07g (156.14%), Vitamin B3: 25.81mg (129.03%), Selenium: 53.78µg (76.82%), Vitamin B6: 1.38mg (68.95%), Phosphorus: 640.6mg (64.06%), Vitamin B2:

0.79mg (46.21%), Zinc: 5.3mg (35.36%), Potassium: 1099.11mg (31.4%), Vitamin B5: 2.78mg (27.82%), Vitamin B12: 1.5µg (24.95%), Iron: 4.22mg (23.42%), Vitamin B1: 0.34mg (22.62%), Vitamin K: 23.46µg (22.34%), Magnesium: 87.49mg (21.87%), Vitamin E: 2.8mg (18.64%), Vitamin A: 678.83IU (13.58%), Copper: 0.25mg (12.33%), Manganese: 0.16mg (8.15%), Vitamin C: 6.29mg (7.62%), Calcium: 72.47mg (7.25%), Folate: 17.85µg (4.46%), Fiber: 0.63g (2.53%)