



Grilled Lemon-Herb Poussins



Gluten Free



Low Fod Map

READY IN



300 min.

SERVINGS



6

CALORIES



1048 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 6 small cornish game hens organic (young chickens) ()
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 tablespoon lemon zest fresh finely grated
- ☐ 2 optional: lemon cut into 6 wedges
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 0.5 cup butter unsalted melted softened

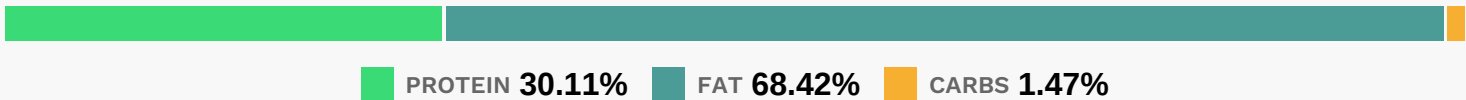
Equipment

- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Prepare a charcoal grill (with lid) or preheat a gas grill on medium heat.
- ☐ Stir together softened butter, zest, chopped thyme, rosemary, salt, and pepper with a fork.
- ☐ Rinse poussins and pat dry. Season cavities with salt and pepper. Working from cavity end of each bird, run your fingers between skin and flesh of breasts and legs to loosen skin without tearing. Push lemon butter under skin and massage skin from outside to spread butter evenly over breasts and onto legs.
- ☐ Insert a thyme sprig and 2 lemon wedges into cavity of each poussin, then tie legs together with kitchen string.
- ☐ Brush birds with melted butter and season with salt and pepper.
- ☐ When fire is medium-hot (you can hold your hand 5 inches above rack 3 to 4 seconds), place birds, breast sides up, on grill rack and cover grill. Roast, turning every 15 minutes, until an instant-read thermometer inserted in fleshy part of a thigh registers 170°F, 45 to 55 minutes.
- ☐ Transfer birds to a platter and discard string, then let stand 10 minutes.
- ☐ • Poussins may be roasted in upper third of a 450°F oven 30 to 40 minutes. Use a shallow baking pan large enough to hold them without crowding.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:0.65, Inflammation Score:-8, Nutrition Score:28.2565216448%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 1047.66kcal (52.38%), Fat: 78.56g (120.86%), Saturated Fat: 27.24g (170.27%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 2.55g (0.93%), Sugar: 0.95g (1.06%), Cholesterol: 495.17mg (165.06%), Sodium: 471.25mg (20.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 77.8g (155.6%), Vitamin B3: 25.6mg (128%), Selenium: 53.45µg (76.36%), Vitamin B6: 1.36mg (68.07%), Phosphorus: 641.4mg (64.14%), Vitamin B2: 0.78mg (46.05%), Zinc: 5.23mg (34.87%), Potassium: 1124.25mg (32.12%), Vitamin C: 23.69mg (28.72%), Vitamin B5: 2.84mg (28.38%), Vitamin B12: 1.52µg (25.29%), Vitamin B1: 0.34mg (23%), Iron: 3.87mg (21.52%), Magnesium: 85.78mg (21.45%), Vitamin A: 1000.22IU (20%), Copper: 0.24mg (12.19%), Vitamin K: 12.4µg (11.81%), Vitamin E: 1.76mg (11.71%), Calcium: 68.35mg (6.84%), Manganese: 0.12mg (5.85%), Fiber: 1.25g (5.01%), Folate: 18.5µg (4.63%), Vitamin D: 0.28µg (1.89%)