



Grilled Poussins with Lemon Herb Butter



Gluten Free



Low Fod Map

READY IN



4500 min.

SERVINGS



6

CALORIES



1351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons pepper black
- ☐ 7.5 lb cornish game hens
- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 18 sprigs thyme leaves fresh
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 1 optional: lemon cut lengthwise into 6 wedges
- ☐ 1.5 tablespoons lemon zest fresh loosely packed finely grated
- ☐ 3.5 teaspoons sea salt fine

- ☐ 6 servings garnish: thyme and rosemary sprigs fresh
- ☐ 0.8 cup butter unsalted cooled melted softened (1 stick and)

Equipment

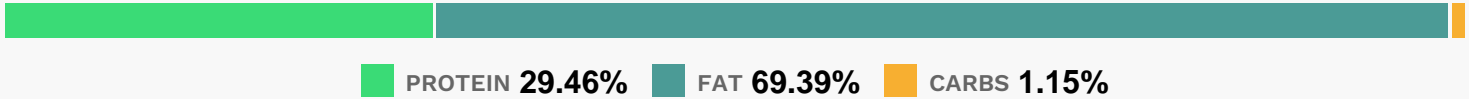
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Stir together 1 stick softened butter, thyme, rosemary, zest, 1 teaspoon sea salt, and 3/4 teaspoon pepper in a bowl until combined well.
- ☐ Trim necks of poussins flush with bodies if necessary. Rinse poussins inside and out and pat dry. Discard any excess fat from opening of cavities, then sprinkle cavities with a total of 1 1/2 teaspoons sea salt and remaining 1/2 teaspoon pepper. Starting at cavity end of each bird, gently slide an index finger between skin and flesh of breasts and legs to loosen skin (be careful not to tear skin). Using a teaspoon measure or small spoon, slide 1 teaspoon herb butter under skin of each breast half and each drumstick (4 teaspoons per poussin), using your finger on outside of skin to push butter out of spoon.
- ☐ Put 1 lemon wedge and 3 thyme sprigs into cavity of each poussin, then tie legs together with kitchen string and tuck wing tips under body. Arrange in a large pan. Pat poussins dry, then brush with melted butter and sprinkle with remaining teaspoon salt.
- ☐ Open vents on bottom of grill and on lid. Light charcoal (80 to 100 briquettes) in chimney starter and pour evenly over 2 opposite sides of bottom rack, leaving about an 8-inch-wide space in center of bottom rack free of coals. When charcoal fire is medium-hot (you can hold your hand 5 inches above grill rack for 3 to 4 seconds), remove poussins from pan and arrange in center of lightly oiled grill rack with no coals underneath and cook, covered with lid,

- until thermometer inserted in fleshy part of a thigh registers 170°F, 35 to 50 minutes. (
- ☐ Add more briquettes if necessary during grilling to maintain heat.)
 - ☐ Preheat all burners on high, covered, 10 minutes, then reduce to moderately high. Turn off 1 burner (middle burner if there are
 - ☐ and put poussins on lightly oiled rack above shut-off burner.
 - ☐ Remove poussins from pan, then grill, covered with lid, until thermometer inserted in fleshy part of a thigh registers 170°F, 35 to 45 minutes.
 - ☐ · If you aren't able to grill outdoors, poussins can be roasted (at least 2 inches apart) in a lightly oiled large shallow baking pan in a preheated 475°F oven, 35 to 45 minutes. · If you're also making the grilled baby potatoes, grill the poussins first, over indirect heat, then transfer them to a platter and keep them warm, loosely covered with foil.
 - ☐ Spread the coals out onto the rack.
 - ☐ Add 15 briquettes evenly to coals and wait until they just light, about 5 minutes, then grill the baby potatoes over direct heat. · Poussins can be prepared (but not grilled) 1 day ahead and chilled, covered with plastic wrap.
 - ☐ Let stand at cool room temperature 30 minutes before grilling.

Nutrition Facts



Properties

Glycemic Index:32.08, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:35.365652302037%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 3.21mg, Luteolin: 3.21mg, Luteolin: 3.21mg, Luteolin: 3.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 1351.23kcal (67.56%), Fat: 102.71g (158.01%), Saturated Fat: 36.68g (229.28%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 2.12g (0.77%), Sugar: 0.53g (0.59%), Cholesterol: 633.67mg (211.22%), Sodium: 1706.71mg (74.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 98.11g (196.21%), Vitamin B3: 32.34mg

(161.68%), Selenium: 67.29µg (96.14%), Vitamin B6: 1.71mg (85.74%), Phosphorus: 811.25mg (81.12%), Vitamin B2: 1.01mg (59.38%), Zinc: 6.69mg (44.58%), Potassium: 1418.76mg (40.54%), Vitamin B5: 3.56mg (35.58%), Vitamin A: 1639.07IU (32.78%), Vitamin B12: 1.92µg (31.99%), Iron: 5.73mg (31.82%), Vitamin C: 24.52mg (29.72%), Magnesium: 115.47mg (28.87%), Vitamin B1: 0.43mg (28.47%), Copper: 0.33mg (16.66%), Vitamin K: 16.28µg (15.5%), Vitamin E: 2.28mg (15.21%), Manganese: 0.27mg (13.3%), Calcium: 105.26mg (10.53%), Fiber: 1.7g (6.81%), Folate: 23.32µg (5.83%), Vitamin D: 0.43µg (2.84%)