



Grilled Spice-Rubbed Cornish Hens

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



573 kcal

SEASONING

MARINADE

Ingredients

- 2.5 pound cornish game hens
- 3 garlic cloves minced
- 0.3 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin
- 0.1 teaspoon ground nutmeg
- 2 teaspoons mint flakes dried
- 0.3 teaspoon paprika hot
- 0.3 teaspoon pepper

0.5 teaspoon salt divided

Equipment

bowl

grill

Directions

Combine first 5 ingredients, 1/4 teaspoon salt, and garlic in a bowl.

Remove giblets and necks from hens. Rinse hens in cold water; pat dry. Split hens into halves; trim excess fat. Loosen skin from breasts and drumsticks by inserting fingers and gently pushing between skin and meat. Rub equal parts of spice mixture under loosened skin.

Sprinkle hens with 1/4 teaspoon salt and pepper.

Prepare grill.

Place chicken on grill rack coated with cooking spray; grill 10 minutes on each side or until juices run clear.

Remove and discard skin.

Nutrition Facts

PROTEIN 34.96% **FAT 64.14%** **CARBS 0.9%**

Properties

Glycemic Index:39.25, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:17.689565316491%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 573.3kcal (28.66%), Fat: 39.87g (61.34%), Saturated Fat: 11.06g (69.12%), Carbohydrates: 1.26g (0.42%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.06g (0.07%), Cholesterol: 286.33mg (95.44%), Sodium: 465.41mg (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.9g (97.79%), Vitamin B3: 16.15mg (80.74%), Selenium: 33.8µg (48.29%), Vitamin B6: 0.88mg (43.75%), Phosphorus: 403.08mg (40.31%), Vitamin B2: 0.49mg (28.86%), Zinc: 3.32mg (22.1%), Potassium: 692.68mg (19.79%), Vitamin B5: 1.75mg (17.49%), Vitamin B12: 0.94µg

(15.59%), Iron: 2.69mg (14.93%), Vitamin B1: 0.21mg (14.3%), Magnesium: 54.64mg (13.66%), Manganese: 0.16mg (8.12%), Vitamin A: 398.68IU (7.97%), Copper: 0.16mg (7.78%), Vitamin K: 7.2µg (6.86%), Vitamin E: 0.84mg (5.63%), Calcium: 43.69mg (4.37%), Vitamin C: 2.15mg (2.6%), Folate: 10.06µg (2.51%), Fiber: 0.3g (1.21%)