



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

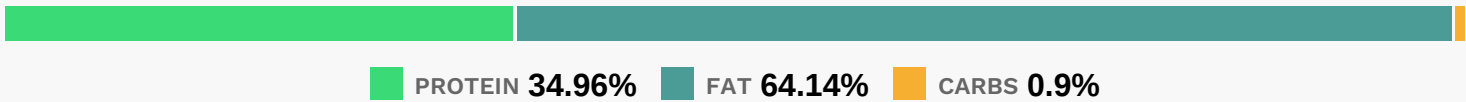
☐ bowl

☐ 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



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%)