



Hamam Mahshi bi Burghul (Cornish Hens with Bulgur, Raisins, and Pine Nuts)

READY IN



45 min.

SERVINGS



6

CALORIES



1065 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups bulgur uncooked
- ☐ 3 tablespoons butter cut into small pieces
- ☐ 4.5 pound cornish game hens
- ☐ 0.8 cup currants
- ☐ 3.3 cups less-sodium chicken broth fat-free
- ☐ 0.8 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cardamom

- ☐ 1.5 teaspoons ground cinnamon
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 cups onion coarsely chopped
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil

Equipment

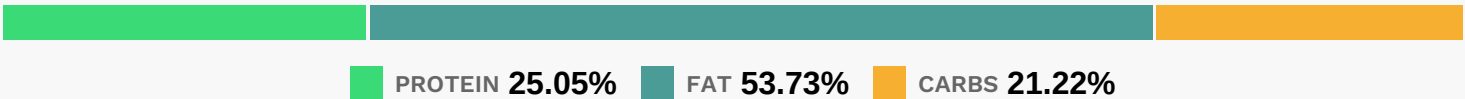
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ To prepare the hens, sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place the onion and next 5 ingredients (onion through allspice) in a food processor; process until smooth.
- ☐ Combine hens and onion mixture in a large zip-top plastic bag. Seal bag; marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Remove the hens from the bag; discard marinade.
- ☐ Preheat oven to 400
- ☐ Place hens on a broiler pan coated with cooking spray; bake at 400 for 35 minutes or until thermometer registers 180
- ☐ To prepare the bulgur, soak currants in a bowl of water 15 minutes.
- ☐ Drain; set aside. Bring broth to a boil in a medium saucepan.
- ☐ Add the bulgur, 1 1/2 teaspoons cinnamon, 1/2 teaspoon salt, and 1/4 teaspoon pepper; cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Stir in currants, pine nuts, and

butter.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:17.04, Inflammation Score:-8, Nutrition Score:35.647391733916%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg, Quercetin: 10.85mg

Nutrients (% of daily need)

Calories: 1064.61kcal (53.23%), Fat: 64.05g (98.53%), Saturated Fat: 18.05g (112.83%), Carbohydrates: 56.91g (18.97%), Net Carbohydrates: 45.89g (16.69%), Sugar: 14.33g (15.92%), Cholesterol: 358.65mg (119.55%), Sodium: 980.49mg (42.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 67.17g (134.35%), Manganese: 2.55mg (127.54%), Vitamin B3: 23.11mg (115.55%), Phosphorus: 710.46mg (71.05%), Vitamin B6: 1.31mg (65.58%), Selenium: 44.54µg (63.63%), Fiber: 11.02g (44.08%), Magnesium: 172.19mg (43.05%), Vitamin B2: 0.72mg (42.38%), Potassium: 1315.44mg (37.58%), Zinc: 5.54mg (36.93%), Vitamin B1: 0.45mg (29.98%), Vitamin B5: 2.83mg (28.28%), Iron: 4.99mg (27.72%), Copper: 0.53mg (26.39%), Vitamin B12: 1.39µg (23.11%), Vitamin K: 23.02µg (21.92%), Vitamin E: 2.27mg (15.12%), Vitamin C: 9.68mg (11.73%), Vitamin A: 566.65IU (11.33%), Folate: 40.39µg (10.1%), Calcium: 99.3mg (9.93%)