



Herb Cornish Hens with Cranberry-Orange Sauce

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

READY IN



95 min.

SERVINGS



8

CALORIES



1024 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 lb cornish game hens
- 2 tablespoons roasted garlic plain
- 1 teaspoon salt
- 1 teaspoon thyme leaves dried
- 0.5 teaspoon pepper
- 16 oz roasted cranberry sauce whole canned
- 3 tablespoons orange marmalade sweet

- 2 teaspoons ginger grated
- 1 3 large clementines peeled
- 1 sprigs thyme leaves

Equipment

- sauce pan
- oven
- roasting pan
- kitchen thermometer
- kitchen scissors

Directions

- Heat oven to 350°F. On rack in shallow roasting pan, place hens, breast sides up.
- Brush with oil.
- Sprinkle inside and out with salt, dried thyme and pepper. Insert meat thermometer so tip is in thickest part of inside thigh and does not touch bone.
- Bake uncovered 1 hour to 1 hour 15 minutes until juice of hens is clear when thickest pieces are cut to bone (at least 165°F).
- Meanwhile, in 1-quart saucepan, heat cranberry sauce over low heat, stirring constantly, until melted. Stir in marmalade, gingerroot and clementine sections. Cook 1 minute.
- To serve, cut each hen in half along backbone and breastbone from tail to neck, using kitchen scissors.
- Serve hens with warm sauce.
- Garnish with thyme sprigs.

Nutrition Facts

 **PROTEIN 31.2%**  **FAT 56.92%**  **CARBS 11.88%**

Properties

Glycemic Index:29.63, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:27.169565014217%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg, Myricetin: 1.56mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 1024.21kcal (51.21%), Fat: 63.72g (98.03%), Saturated Fat: 17.66g (110.34%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 28.94g (10.52%), Sugar: 23.41g (26.01%), Cholesterol: 458.13mg (152.71%), Sodium: 574.97mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.57g (157.15%), Vitamin B3: 25.89mg (129.43%), Selenium: 54.1µg (77.28%), Vitamin B6: 1.38mg (69.08%), Phosphorus: 643.36mg (64.34%), Vitamin B2: 0.79mg (46.59%), Zinc: 5.28mg (35.17%), Potassium: 1119.6mg (31.99%), Vitamin B5: 2.79mg (27.94%), Vitamin B12: 1.5µg (24.95%), Vitamin B1: 0.35mg (23.49%), Iron: 3.91mg (21.73%), Magnesium: 85.39mg (21.35%), Copper: 0.26mg (12.94%), Vitamin E: 1.82mg (12.16%), Vitamin K: 11.92µg (11.35%), Vitamin C: 8.96mg (10.86%), Vitamin A: 537.02IU (10.74%), Manganese: 0.17mg (8.4%), Calcium: 63.17mg (6.32%), Folate: 17.37µg (4.34%), Fiber: 0.97g (3.88%)