



Herb Cornish Hens with Cranberry-Orange Sauce

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



1026 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 lb cornish game hens
- 2 teaspoons ginger grated
- 3 tablespoons orange marmalade sweet
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 1 tangerine peeled
- 1 teaspoon thyme leaves dried

- 1 sprigs thyme leaves
- 2 tablespoons roasted garlic plain
- 16 oz roasted cranberry sauce whole canned

Equipment

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

Directions

- Heat oven to 350F. 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 165F).
- 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 31.15%**  **FAT 56.85%**  **CARBS 12%**

Properties

Glycemic Index:26.13, Glycemic Load:0.76, Inflammation Score:-6, Nutrition Score:27.183043500651%

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 Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, 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 Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 1025.69kcal (51.28%), Fat: 63.74g (98.06%), Saturated Fat: 17.66g (110.37%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 29.25g (10.64%), Sugar: 23.73g (26.36%), Cholesterol: 458.13mg (152.71%), Sodium: 575.1mg (25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.58g (157.17%), Vitamin B3: 25.87mg (129.35%), Selenium: 54.1µg (77.29%), Vitamin B6: 1.38mg (69.17%), Phosphorus: 643.62mg (64.36%), Vitamin B2: 0.79mg (46.66%), Zinc: 5.28mg (35.19%), Potassium: 1121.49mg (32.04%), Vitamin B5: 2.8mg (28.03%), Vitamin B12: 1.5µg (24.95%), Vitamin B1: 0.35mg (23.39%), Iron: 3.92mg (21.75%), Magnesium: 85.79mg (21.45%), Copper: 0.26mg (12.97%), Vitamin A: 611.93IU (12.24%), Vitamin E: 1.83mg (12.19%), Vitamin K: 11.92µg (11.35%), Vitamin C: 7.38mg (8.95%), Manganese: 0.17mg (8.51%), Calcium: 64.47mg (6.45%), Folate: 16.91µg (4.23%), Fiber: 1.01g (4.04%)