




 **54%**
HEALTH SCORE

Herb Roasted Cornish Game Hens


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

READY IN




67 min.

SERVINGS



4

CALORIES



1063 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 16 ounce baby carrots
- 4 cornish game hens rinsed
- 1 teaspoon parsley leaves fresh chopped
- 1 teaspoon rosemary leaves fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 1 tablespoon grill seasoning
- 4 servings salt and ground pepper fresh black
- 1 optional: lemon cut in quarters

- 1 teaspoon oregano leaves fresh chopped
- 16 ounce pearl onions frozen thawed
- 0.5 pound potatoes red cut into small chunks
- 0.5 cup red wine vinaigrette dressing

Equipment

- bowl
- frying pan
- baking sheet
- oven
- roasting pan
- grill
- kitchen thermometer
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F. Line a baking sheet with foil and put a baking rack on top.
- Mix together the grill seasoning, dressing, and chopped herbs in a small bowl. Reserve 2 tablespoons. Generously rub the hens inside and out with the herb and dressing mixture. Stuff each hen with a sprig of each herb and a piece of lemon.
- In a large bowl, combine the carrots, onions and potatoes with the reserved 2 tablespoons of dressing mixture, a generous pinch of salt and pepper.
- Put the vegetables in a large roasting pan and arrange the hens on top. Roast them until the juices run clear and an instant-read thermometer registers 180 degrees F when inserted into the thickest part of the thigh, about 50 to 55 minutes.
- Remove the pan from the oven, cover with foil and let the hens rest for 5 minutes before serving.
- Transfer the hens to a large serving tray with the roasted vegetables.

Nutrition Facts

PROTEIN 31.37% FAT 55.63% CARBS 13%

Properties

Glycemic Index:45.38, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:41.129130778105%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.72mg, Hesperetin: 7.72mg, Hesperetin: 7.72mg, Hesperetin: 7.72mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg, Isorhamnetin: 5.69mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 24.01mg, Quercetin: 24.01mg, Quercetin: 24.01mg, Quercetin: 24.01mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1063.26kcal (53.16%), Fat: 63.62g (97.88%), Saturated Fat: 17.65g (110.34%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 26.08g (9.48%), Sugar: 11.85g (13.17%), Cholesterol: 454.5mg (151.5%), Sodium: 379.91mg (16.52%), Alcohol: 3.18g (100%), Alcohol %: 0.51% (100%), Protein: 80.72g (161.44%), Vitamin A: 16198.34IU (323.97%), Vitamin B3: 27.11mg (135.54%), Vitamin B6: 1.74mg (86.91%), Selenium: 55.24µg (78.91%), Phosphorus: 743.61mg (74.36%), Potassium: 1847.47mg (52.78%), Vitamin B2: 0.88mg (51.52%), Vitamin C: 33.75mg (40.91%), Zinc: 5.86mg (39.08%), Vitamin B5: 3.56mg (35.62%), Iron: 6.11mg (33.94%), Vitamin K: 35.41µg (33.73%), Vitamin B1: 0.48mg (31.79%), Magnesium: 126.51mg (31.63%), Manganese: 0.63mg (31.62%), Fiber: 7.36g (29.45%), Vitamin B12: 1.49µg (24.75%), Copper: 0.48mg (24.16%), Folate: 82.01µg (20.5%), Calcium: 147.49mg (14.75%), Vitamin E: 1.43mg (9.56%)