



Herb-Roasted Cornish Hens



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



4

CALORIES



1067 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 stalks celery
- ☐ 0.5 cup chicken broth
- ☐ 4 cornish game hens
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 sprigs rosemary fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 head garlic peeled

- ☐ 1 optional: lemon divided quartered
- ☐ 1 pinch lemon pepper to taste
- ☐ 3 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 4 servings salt to taste
- ☐ 0.5 cup white wine

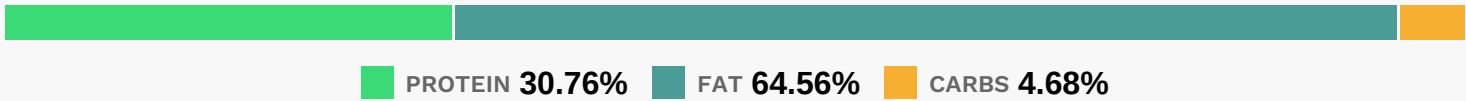
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Arrange celery stalks next to each other in the bottom of a heavy roasting pan.
- ☐ Place 1 onion quarter, 1 lemon quarter, and 1 sprig rosemary in the cavity of each hen. Rub outside of hens with 1 tablespoon olive oil; sprinkle with salt and lemon pepper. Arrange hens atop celery; sprinkle with tarragon, basil, thyme, and chopped rosemary. Scatter garlic cloves and 1 chopped onion around hens.
- ☐ Bake in the preheated oven for 25 minutes. Reduce heat to 350 degrees F (175 degrees C).
- ☐ Whisk wine, broth, and 3 tablespoons olive oil together in a bowl; pour over hens.
- ☐ Cook hens until no longer pink at the bone and the juices run clear, about 50 more minutes, basting every 15 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C). Turn off oven and let hens rest in the oven for 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:86.63, Glycemic Load:2.82, Inflammation Score:-9, Nutrition Score:33.523913217627%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg, Quercetin: 8.25mg

Nutrients (% of daily need)

Calories: 1066.62kcal (53.33%), Fat: 74.05g (113.93%), Saturated Fat: 19.05g (119.09%), Carbohydrates: 12.08g (4.03%), Net Carbohydrates: 9.34g (3.4%), Sugar: 3.42g (3.8%), Cholesterol: 455.09mg (151.7%), Sodium: 623.49mg (27.11%), Alcohol: 3.09g (100%), Alcohol %: 0.61% (100%), Protein: 79.4g (158.8%), Vitamin B3: 26.11mg (130.54%), Vitamin B6: 1.58mg (79.11%), Selenium: 54.82µg (78.31%), Phosphorus: 682.16mg (68.22%), Vitamin B2: 0.87mg (51.22%), Potassium: 1404.46mg (40.13%), Zinc: 5.56mg (37.09%), Vitamin K: 34.28µg (32.64%), Vitamin C: 26.85mg (32.54%), Vitamin B5: 3.03mg (30.28%), Iron: 5.02mg (27.91%), Magnesium: 106.74mg (26.68%), Vitamin B1: 0.39mg (26.28%), Manganese: 0.52mg (26.25%), Vitamin B12: 1.49µg (24.85%), Vitamin E: 2.98mg (19.84%), Vitamin A: 903.02IU (18.06%), Copper: 0.31mg (15.66%), Calcium: 130.09mg (13.01%), Folate: 48.09µg (12.02%), Fiber: 2.74g (10.95%)