



Hoisin-Glazed Cornish Hen

 Gluten Free  Dairy Free

READY IN



34 min.

SERVINGS



2

CALORIES



991 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pound cornish game hens
- 0.5 cup hoisin
- 0.3 cup honey
- 0.5 teaspoon pepper flakes red
- 0.3 cup scallions sliced
- 2 servings vegetable oil for frying

Equipment

- bowl

- paper towels
- oven
- whisk
- pot

Directions

- Watch how to make this recipe.
- Preheat oven to 350 degrees F.
- In a very deep pot, bring enough oil to fill the pot by 2/3 of the way.
- Heat the oil to 350 degrees F.
- Add the hen slowly to the oil and fry for 8 to 10 minutes on each side until golden brown and have reached an internal temperature of 165 degrees F.
- Remove the hen from the oil and drain on a paper towel.
- Whisk together in a large bowl, the hoisin, honey, red pepper flakes, and the scallions.
- Brush mixture over the cooked hen on both sides and reserve the extra sauce for dipping.
- Place in oven for about 7 minutes. Take out. Flip over and brush reserved hoisin sauce on flipped side.
- Place in oven for another 7 minutes.

Nutrition Facts



PROTEIN 24.76% **FAT 48.3%** **CARBS 26.94%**

Properties

Glycemic Index:42.14, Glycemic Load:18.4, Inflammation Score:-5, Nutrition Score:25.499130539272%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 990.62kcal (49.53%), Fat: 52.92g (81.42%), Saturated Fat: 14.07g (87.92%), Carbohydrates: 66.4g (22.13%), Net Carbohydrates: 63.89g (23.23%), Sugar: 53.89g (59.87%), Cholesterol: 345.66mg (115.22%), Sodium:

1333.16mg (57.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.04g (122.08%), Vitamin B3: 20.29mg (101.43%), Selenium: 41.9µg (59.85%), Vitamin B6: 1.07mg (53.72%), Phosphorus: 510.22mg (51.02%), Vitamin B2: 0.76mg (44.61%), Vitamin K: 40.06µg (38.15%), Zinc: 4.3mg (28.64%), Potassium: 950.96mg (27.17%), Vitamin B5: 2.16mg (21.61%), Iron: 3.8mg (21.1%), Magnesium: 81.83mg (20.46%), Vitamin B12: 1.12µg (18.71%), Vitamin B1: 0.26mg (17.28%), Manganese: 0.29mg (14.57%), Copper: 0.29mg (14.27%), Vitamin A: 644.41IU (12.89%), Vitamin E: 1.63mg (10.89%), Fiber: 2.51g (10.03%), Folate: 35.01µg (8.75%), Calcium: 72.61mg (7.26%), Vitamin C: 4.54mg (5.5%)