



Hoisin-Roasted Game Hens



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



1121 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoon canola oil
- ☐ 1 bunch cilantro leaves
- ☐ 4 cornish game hens
- ☐ 4 clove garlic minced
- ☐ 1 teaspoon ground coriander
- ☐ 1 cup hoisin sauce store bought prepared
- ☐ 1 juice of lime

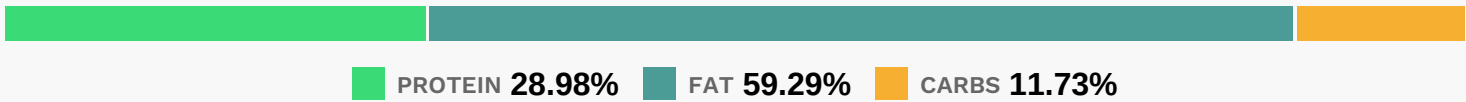
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ roasting pan
- ☐ kitchen twine

Directions

- ☐ Place the rinsed and well-dried hens into a shallow roasting pan.
- ☐ Add the garlic, coriander, ginger, lime juice, chilies and canola oil into the bowl of a mini food processor or blender. Puree the mixture into a chunky paste. Rub the mixture over the hens, getting some under the skin where possible. Stuff most of the cilantro into the cavity of each bird, saving some for garnish. Tie the legs of the hens together tightly with kitchen twine. Cover loosely and refrigerate at least 20 minutes and up to 2 hours. When ready to roast. Pre-heat the oven to 375 degrees.
- ☐ Brush about 1/8 of a cup hoisin over each of the hens. Saving the remaining ½-cup hoisin to baste the hens while roasting. Roast the hens 40–45 minutes, basting occasionally.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.28, Inflammation Score:-5, Nutrition Score:29.693913397582%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 1121.43kcal (56.07%), Fat: 72.54g (111.6%), Saturated Fat: 18.42g (115.12%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 30.01g (10.91%), Sugar: 18.94g (21.05%), Cholesterol: 456.56mg (152.19%), Sodium: 1390.01mg (60.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.78g (159.55%), Vitamin B3: 26.41mg (132.03%), Selenium: 54.92µg (78.46%), Vitamin B6: 1.41mg (70.66%), Phosphorus: 664.77mg (66.48%), Vitamin B2: 0.92mg (54.31%), Zinc: 5.47mg (36.46%), Potassium: 1181.37mg (33.75%), Vitamin B5: 2.83mg (28.26%), Magnesium: 101.02mg (25.25%), Vitamin B12: 1.49µg (24.75%), Iron: 4.38mg (24.33%), Vitamin B1: 0.34mg (22.78%), Vitamin K: 22.43µg (21.36%), Vitamin E: 2.75mg (18.31%), Copper: 0.33mg (16.44%), Manganese: 0.32mg (15.81%), Vitamin A: 629.1IU (12.58%), Fiber: 2.28g (9.13%), Calcium: 82.86mg (8.29%), Folate: 31.39µg (7.85%), Vitamin C: 6.36mg (7.7%)