

Holiday Meal For Two

 Dairy Free  Very Healthy

READY IN



120 min.

SERVINGS



2

CALORIES



1426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup chicken broth
- ☐ 2 cornish game hens
- ☐ 1 tablespoon flour all-purpose
- ☐ 16 ounce green beans frozen
- ☐ 3 tablespoons seasoning salt
- ☐ 8 ounce bread stuffing mix dry

Equipment

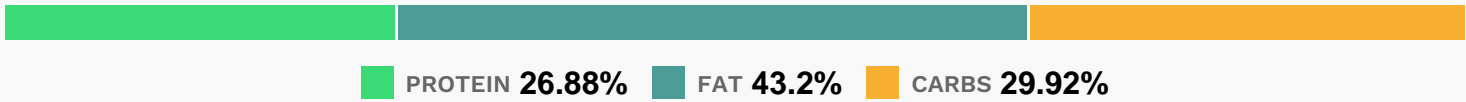
- ☐ sauce pan

☐ oven

Directions

- ☐ Prepare dry bread stuffing mix according to package directions. Preheat oven to 350 degrees F (175 degrees C).
- ☐ Using fingers, separate the skin and meat of the Cornish game hens, and rub 1 tablespoon seasoning salt into the meat of each hen. Rub remaining seasoning salt into the cavities of the hens. Stuff each cavity with about 1 1/2 cups prepared stuffing.
- ☐ Place hens and green beans in an oven bag.
- ☐ Bake 80 minutes in the preheated oven, or until the meat is no longer pink and the juices run clear.
- ☐ Drain hen drippings into a medium saucepan. Over medium heat, stir in flour until bubbly. Gradually mix in chicken broth. Stirring occasionally, cook until a thick gravy has formed.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:6.53, Inflammation Score:-9, Nutrition Score:54.26391303021%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 1426.37kcal (71.32%), Fat: 67.65g (104.07%), Saturated Fat: 18.59g (116.2%), Carbohydrates: 105.42g (35.14%), Net Carbohydrates: 95.57g (34.75%), Sugar: 17.12g (19.02%), Cholesterol: 457.2mg (152.4%), Sodium: 12636.7mg (549.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 94.69g (189.38%), Vitamin B3: 34.13mg (170.67%), Selenium: 110.5µg (157.86%), Vitamin K: 109.58µg (104.36%), Vitamin B6: 1.82mg (91.06%), Vitamin B2: 1.52mg (89.63%), Phosphorus: 883.26mg (88.33%), Vitamin B1: 1.24mg (82.41%), Folate: 285.71µg (71.43%), Manganese: 1.32mg (66.2%), Iron: 10.48mg (58.25%), Potassium: 1839.77mg (52.56%), Magnesium: 184.94mg (46.23%), Zinc: 6.88mg (45.88%), Vitamin A: 2054.73IU (41.09%), Fiber: 9.85g (39.41%), Vitamin B5: 3.73mg (37.26%), Vitamin C: 29.92mg (36.27%), Copper: 0.67mg (33.61%), Vitamin B12: 1.52µg (25.39%), Calcium: 253.59mg (25.36%), Vitamin E: 2.65mg (17.7%)