



Honey and Coconut-Marinated Cornish Hens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



654 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 pound cornish game hens
- ☐ 2 tablespoons fish sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 garlic clove
- ☐ 0.3 cup honey divided
- ☐ 0.3 cup lemon grass fresh peeled chopped
- ☐ 0.3 cup lite coconut milk light

☐ 1 tablespoon thai chile

Equipment

☐ sauce pan

☐ oven

☐ blender

☐ kitchen thermometer

☐ ziploc bags

☐ broiler pan

Directions

☐ Remove and discard giblets and necks from hens. Rinse hens with cold water; pat dry. Split hens in half lengthwise.

☐ Remove skin; trim excess fat.

☐ Place cilantro, lemongrass, coconut milk, 3 tablespoons honey, fish sauce, and remaining ingredients in a blender; process until smooth.

☐ Pour mixture into a large zip-top plastic bag.

☐ Add hen halves; seal and marinate in refrigerator 12 hours or overnight.

☐ Preheat oven to 40

☐ Remove hen halves from bag, reserving marinade.

☐ Place reserved marinade in a small saucepan. Bring to a boil; cook 1 minute, stirring frequently.

☐ Remove from heat.

☐ Place hen halves, meaty sides up, on a broiler pan. Insert a meat thermometer into meaty part of a thigh, making sure not to touch bone.

☐ Bake at 400 for 30 minutes, basting frequently with the reserved marinade.

☐ Brush remaining 1 tablespoon honey over hens, and bake hens an additional 20 minutes or until thermometer registers 180.

Nutrition Facts



 PROTEIN **30.65%**  FAT **56.67%**  CARBS **12.68%**

Properties

Glycemic Index:32.32, Glycemic Load:9.29, Inflammation Score:-4, Nutrition Score:19.525652118351%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 654.46kcal (32.72%), Fat: 40.63g (62.51%), Saturated Fat: 11.87g (74.2%), Carbohydrates: 20.46g (6.82%), Net Carbohydrates: 20.26g (7.37%), Sugar: 17.96g (19.96%), Cholesterol: 286.33mg (95.44%), Sodium: 892.15mg (38.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.44g (98.87%), Vitamin B3: 16.44mg (82.19%), Selenium: 34.72µg (49.6%), Vitamin B6: 0.91mg (45.68%), Phosphorus: 407.67mg (40.77%), Vitamin B2: 0.51mg (29.88%), Zinc: 3.46mg (23.05%), Potassium: 767.32mg (21.92%), Magnesium: 72.03mg (18.01%), Vitamin B5: 1.77mg (17.74%), Manganese: 0.34mg (17.21%), Vitamin B12: 0.98µg (16.31%), Iron: 2.81mg (15.61%), Vitamin B1: 0.22mg (14.55%), Vitamin C: 11.47mg (13.9%), Vitamin K: 10.46µg (9.96%), Copper: 0.18mg (8.97%), Vitamin A: 418.71IU (8.37%), Vitamin E: 0.85mg (5.67%), Folate: 18.37µg (4.59%), Calcium: 43.38mg (4.34%)