



## Honey Game Hens

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4.5 pound cornish game hens
- 4 cloves garlic chopped
- 1 inch ginger peeled chopped
- 0.5 cup honey
- 2 tablespoons orange juice
- 1 tablespoon orange zest minced
- 2 tablespoons vegetable oil; peanut oil preferred
- 0.5 cup soya sauce

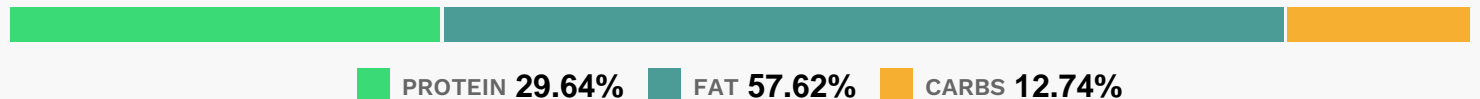
## Equipment

- food processor
- bowl
- sauce pan
- oven
- roasting pan

## Directions

- Rinse hens, trim off excess fat, and pat dry; place in bowl. Put garlic and ginger in food processor and process until nearly smooth. In another bowl, combine soy sauce, honey, oil, orange juice, and zest.
- Add the garlic and ginger.
- Pour mixture over game hens, coating well. Refrigerate overnight, turning in marinade several times.
- Preheat oven to 350 degrees F.
- Place game hens in shallow roasting pan; pour marinade on top.
- Bake for 1 hour, basting every 15 minutes.
- Remove hens to serving platter.
- Pour cooking juices into small, heavy saucepan and boil for 4 minutes, or until sauce thickens.
- Pour over hens just before serving.
- Serve with sesame noodles or rice pilaf. These hens can also be grilled; just remember to baste often.

## Nutrition Facts



## Properties

Glycemic Index:27.38, Glycemic Load:12.79, Inflammation Score:-4, Nutrition Score:22.343478477519%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## **Nutrients (% of daily need)**

Calories: 826.56kcal (41.33%), Fat: 52.41g (80.64%), Saturated Fat: 14.03g (87.69%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 25.67g (9.33%), Sugar: 24.04g (26.71%), Cholesterol: 343.6mg (114.53%), Sodium: 1289.19mg (56.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 60.66g (121.33%), Vitamin B3: 20.16mg (100.79%), Selenium: 40.83µg (58.33%), Vitamin B6: 1.08mg (53.99%), Phosphorus: 507.17mg (50.72%), Vitamin B2: 0.62mg (36.69%), Zinc: 4.09mg (27.27%), Potassium: 884.85mg (25.28%), Vitamin B5: 2.19mg (21.94%), Vitamin B12: 1.12µg (18.71%), Iron: 3.29mg (18.3%), Vitamin B1: 0.27mg (18.02%), Magnesium: 71.38mg (17.84%), Vitamin E: 1.69mg (11.3%), Copper: 0.22mg (10.75%), Manganese: 0.21mg (10.52%), Vitamin C: 6.72mg (8.14%), Vitamin K: 8.24µg (7.85%), Vitamin A: 383.12IU (7.66%), Calcium: 49.02mg (4.9%), Folate: 16.44µg (4.11%), Fiber: 0.39g (1.58%)