



Honey Lemon Cornish Hens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound cornish game hens
- ☐ 0.5 cup honey
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon pepper freshly ground

Equipment

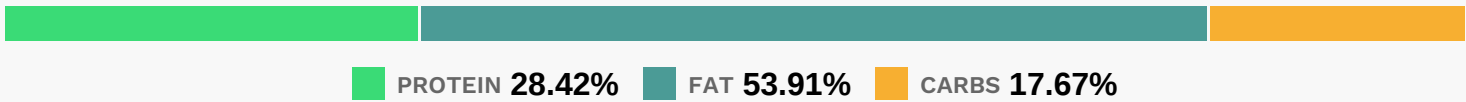
- ☐ sauce pan

- ☐ oven
- ☐ knife
- ☐ broiler pan

Directions

- ☐ Remove giblets from hens; reserve for another use. Rinse hens under cold running water, and pat dry. Split each hen in half lengthwise, using an electric knife.
- ☐ Sprinkle evenly with pepper.
- ☐ Place hens, cut side down, on rack of a broiler pan coated with cooking spray.
- ☐ Combine honey and next 3 ingredients in a small saucepan. Bring to a boil; reduce heat, and simmer 5 minutes.
- ☐ Brush hens with half of honey mixture.
- ☐ Bake at 350 for 20 minutes.
- ☐ Brush with additional honey mixture, and bake an additional 30 to 35 minutes or until hens are done, basting frequently with remaining honey mixture.
- ☐ Transfer hens to a serving platter. If desired, serve with wild rice and garnish with fresh herbs.

Nutrition Facts



Properties

Glycemic Index:14.05, Glycemic Load:12.15, Inflammation Score:-3, Nutrition Score:14.809999808021%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 565.5kcal (28.27%), Fat: 33.74g (51.91%), Saturated Fat: 9.22g (57.64%), Carbohydrates: 24.88g (8.29%), Net Carbohydrates: 24.69g (8.98%), Sugar: 23.59g (26.21%), Cholesterol: 229.06mg (76.35%), Sodium: 544.13mg (23.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.02g (80.04%), Vitamin B3: 13.04mg (65.2%), Selenium: 27.06µg (38.66%), Vitamin B6: 0.7mg (34.98%), Phosphorus: 338.03mg (33.8%), Vitamin B2: 0.42mg (24.99%), Zinc: 2.76mg (18.41%), Potassium: 603.38mg (17.24%), Vitamin B5: 1.46mg (14.55%), Vitamin B12: 0.75µg

(12.51%), Magnesium: 49.75mg (12.44%), Vitamin B1: 0.17mg (11.56%), Iron: 2.05mg (11.39%), Vitamin C: 6.53mg (7.91%), Vitamin A: 329.67IU (6.59%), Copper: 0.13mg (6.49%), Manganese: 0.12mg (5.81%), Vitamin K: 5.58µg (5.31%), Vitamin E: 0.77mg (5.15%), Folate: 14.79µg (3.7%), Calcium: 31.71mg (3.17%)