



Honey-Mustard Game Hens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 pound cornish game hens
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon mace
- ☐ 1 tablespoon honey
- ☐ 0.3 cup mustard coarse-grained
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons mirin dry white
- ☐ 0.5 teaspoon salt

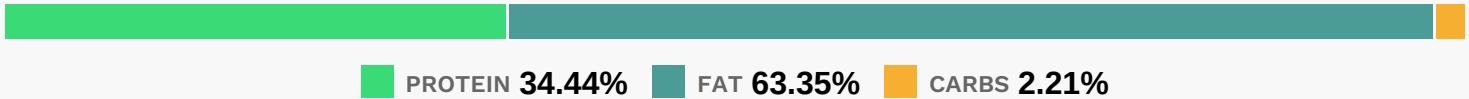
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Remove and discard giblets and necks from hens. Rinse hens under cold water; pat dry.
- ☐ Remove skin; trim excess fat. Split hens in half lengthwise.
- ☐ Sprinkle salt and pepper over hen halves; set aside.
- ☐ Combine mustard and next 5 ingredients (mustard through cloves) in a small bowl; set aside.
- ☐ Prepare grill or broiler.
- ☐ Place hen halves, meaty sides up, on grill rack or broiler pan coated with cooking spray; cook 15 minutes on each side or until juices run clear, basting occasionally with mustard mixture.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:1.58, Inflammation Score:-3, Nutrition Score:21.162173924239%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 702.5kcal (35.12%), Fat: 48.09g (73.98%), Saturated Fat: 13.27g (82.96%), Carbohydrates: 3.77g (1.26%), Net Carbohydrates: 3.23g (1.17%), Sugar: 3.07g (3.41%), Cholesterol: 343.6mg (114.53%), Sodium: 516.15mg (22.44%), Alcohol: 0.51g (100%), Alcohol %: 0.18% (100%), Protein: 58.83g (117.65%), Vitamin B3: 19.38mg (96.89%), Selenium: 43.72µg (62.46%), Vitamin B6: 1.01mg (50.75%), Phosphorus: 488.96mg (48.9%), Vitamin B2: 0.59mg

(34.59%), Zinc: 4mg (26.66%), Potassium: 827.28mg (23.64%), Vitamin B5: 2.11mg (21.1%), Vitamin B12: 1.12µg (18.71%), Vitamin B1: 0.27mg (17.92%), Magnesium: 67.43mg (16.86%), Iron: 2.89mg (16.03%), Copper: 0.18mg (9.03%), Manganese: 0.18mg (8.97%), Vitamin K: 8.73µg (8.32%), Vitamin A: 376.49IU (7.53%), Vitamin E: 1mg (6.65%), Calcium: 46.21mg (4.62%), Folate: 11.16µg (2.79%), Fiber: 0.54g (2.16%), Vitamin C: 1.78mg (2.15%)