



Honey-Poppy Seed Cornish Hens

 **Gluten Free**  **Dairy Free**

READY IN

ready

105 min.

SERVINGS

servings

4

CALORIES

calories

553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 rock cornish hens
- ☐ 0.8 teaspoon ground ginger
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup honey
- ☐ 1.5 teaspoons ground mustard
- ☐ 1 tablespoon poppy seeds
- ☐ 0.5 teaspoon salt

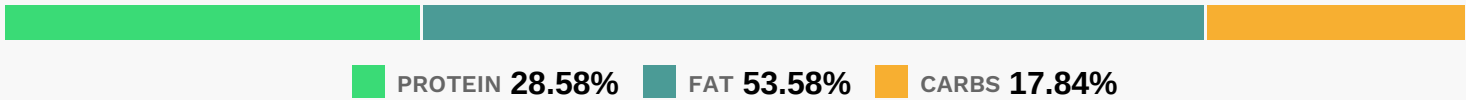
Equipment

- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray rack of shallow roasting pan with non-stick spray.
- ☐ Cut each hen in half; place skin side down in roasting pan.
- ☐ Sprinkle with salt and pepper.
- ☐ Whisk together the honey, poppy seeds, mustard and ginger.
- ☐ Brush over both sides of the hens.
- ☐ Roast uncovered for 1 hour turning once.

Nutrition Facts



Properties

Glycemic Index:22.32, Glycemic Load:12.18, Inflammation Score:-2, Nutrition Score:15.405652186145%

Nutrients (% of daily need)

Calories: 553.39kcal (27.67%), Fat: 32.78g (50.42%), Saturated Fat: 8.88g (55.51%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 23.85g (8.67%), Sugar: 23.33g (25.92%), Cholesterol: 227.25mg (75.75%), Sodium: 429.9mg (18.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.66%), Vitamin B3: 12.9mg (64.49%), Selenium: 28.86µg (41.23%), Phosphorus: 342.94mg (34.29%), Vitamin B6: 0.68mg (34.11%), Vitamin B2: 0.4mg (23.44%), Zinc: 2.89mg (19.27%), Manganese: 0.39mg (19.27%), Potassium: 575.73mg (16.45%), Vitamin B5: 1.41mg (14.08%), Magnesium: 52.88mg (13.22%), Vitamin B1: 0.19mg (12.66%), Iron: 2.26mg (12.57%), Vitamin B12: 0.74µg (12.38%), Copper: 0.17mg (8.36%), Calcium: 62.51mg (6.25%), Vitamin K: 5.85µg (5.57%), Vitamin A: 244.71IU (4.89%), Vitamin E: 0.71mg (4.74%), Fiber: 0.7g (2.81%), Folate: 10.47µg (2.62%), Vitamin C: 1.34mg (1.63%)