



Honey-Roasted Cornish Hen

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

READY IN



45 min.

SERVINGS



2

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound cornish hen
- 1 tablespoon honey
- 1 teaspoon juice of lemon
- 1 lemon wedges
- 1 teaspoon oregano fresh chopped
- 4 sprigs oregano fresh
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

0.5 teaspoon vegetable oil

Equipment

bowl

oven

knife

roasting pan

skewers

Directions

Combine first 5 ingredients in a small bowl, stirring well; set aside.

Remove giblets from hen; reserve for another use. Rinse hen under cold water, and pat dry.

Place 4 oregano sprigs and lemon wedge in cavity of hen; close cavity with skewers. Tie ends of legs together with string or cord. Lift wingtips up and over back of hen, tucking wingtips under hen.

Place hen, breast side up, on a rack in a roasting pan coated with cooking spray.

Brush with oil.

Place hen in a 450 oven. Reduce heat to 350, and bake 35 minutes.

Brush hen with half of honey mixture; bake 10 minutes.

Brush with remaining honey mixture, and bake an additional 10 minutes or until hen is done.

Transfer hen to a serving plate. If desired, drizzle additional honey on serving plate, and garnish with additional lemon slices and oregano sprigs. To serve, split hen in half lengthwise, using an electric knife.

Remove and discard oregano sprigs and lemon wedge inside hen.

Nutrition Facts

 **PROTEIN 31.02%** **FAT 58.62%** **CARBS 10.36%**

Properties

Glycemic Index:59.89, Glycemic Load:4.74, Inflammation Score:-10, Nutrition Score:18.273478362871%

Flavonoids

Eriodictyol: 2.04mg, Eriodictyol: 2.04mg, Eriodictyol: 2.04mg, Eriodictyol: 2.04mg Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 512.18kcal (25.61%), Fat: 33.17g (51.04%), Saturated Fat: 9.08g (56.74%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 10.75g (3.91%), Sugar: 9.11g (10.13%), Cholesterol: 229.06mg (76.35%), Sodium: 285.59mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.5g (79%), Vitamin B3: 13.13mg (65.64%), Selenium: 27.12µg (38.74%), Vitamin K: 38.8µg (36.95%), Vitamin B6: 0.73mg (36.62%), Phosphorus: 327.17mg (32.72%), Vitamin B2: 0.42mg (24.61%), Iron: 3.72mg (20.68%), Zinc: 2.77mg (18.5%), Potassium: 620.39mg (17.73%), Manganese: 0.31mg (15.68%), Vitamin B5: 1.46mg (14.57%), Magnesium: 55.62mg (13.91%), Vitamin B12: 0.75µg (12.47%), Vitamin B1: 0.18mg (11.92%), Vitamin E: 1.66mg (11.06%), Calcium: 108.56mg (10.86%), Fiber: 2.44g (9.75%), Vitamin C: 7.04mg (8.53%), Copper: 0.15mg (7.6%), Vitamin A: 332.8IU (6.66%), Folate: 20.38µg (5.09%)