



Irene's Cornish Hens with Tarragon and Calvados

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoons butter melted
- 0.5 cup calvados dry white
- 2 cornish game hens
- 0.3 cup fat-skimmed chicken broth
- 0.3 cup tarragon dried fresh chopped
- 4 servings parsley sprigs
- 4 servings salt and pepper white

- 0.3 cup shallots chopped
- 0.8 cup whipping cream

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- poultry shears

Directions

- With poultry shears or a knife, cut each hen in half lengthwise through breastbone and backbone. Rinse and pat dry. Reserve giblets for other uses.
- Set halves, skin side up, in a 9- by 13-inch pan.
- Brush skin with melted butter, then sprinkle with the shallots.
- Bake in a 425 oven until meat at thigh bone is no longer pink (cut to test), about 40 minutes (35 minutes in a convection oven).
- Transfer hens to a platter; keep warm.
- Spoon off and discard fat from pan drippings.
- Add calvados, broth, and tarragon to drippings. Set pan over medium-high heat and stir to scrape brown particles free.
- Whisk in crme frache. Turn heat to high and boil until mixture is reduced to 3/4 cup, 5 to 8 minutes.
- Pour sauce into a bowl.
- Garnish hens with tarragon sprigs and add salt and pepper to taste.
- Serve with sauce.

Nutrition Facts



■ PROTEIN 25.38% ■ FAT 70.15% ■ CARBS 4.47%

Properties

Glycemic Index:36.75, Glycemic Load:1.92, Inflammation Score:-8, Nutrition Score:22.312608781068%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 677.28kcal (33.86%), Fat: 50.79g (78.13%), Saturated Fat: 19.67g (122.93%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.27g (2.28%), Sugar: 3.2g (3.56%), Cholesterol: 277.68mg (92.56%), Sodium: 461.55mg (20.07%), Alcohol: 3.09g (100%), Alcohol %: 1.12% (100%), Protein: 41.35g (82.69%), Vitamin K: 72.71µg (69.24%), Vitamin B3: 13.31mg (66.57%), Vitamin B6: 0.85mg (42.29%), Selenium: 28.72µg (41.02%), Phosphorus: 373.29mg (37.33%), Vitamin B2: 0.53mg (30.98%), Vitamin A: 1495.81IU (29.92%), Potassium: 786.15mg (22.46%), Zinc: 2.98mg (19.87%), Manganese: 0.39mg (19.6%), Iron: 3.42mg (19.02%), Magnesium: 64.12mg (16.03%), Vitamin B5: 1.6mg (15.96%), Vitamin B12: 0.86µg (14.25%), Vitamin B1: 0.2mg (13.31%), Vitamin C: 9.89mg (11.99%), Calcium: 107.95mg (10.79%), Copper: 0.17mg (8.25%), Vitamin E: 1.19mg (7.91%), Folate: 30.58µg (7.64%), Vitamin D: 0.71µg (4.76%), Fiber: 1g (4%)