



## Maple Mustard-glazed Hens with Corn and Pea Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1066 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 carrots peeled
- ☐ 1 cup corn kernels frozen
- ☐ 1.5 lb cornish hen
- ☐ 0.5 cup couscous
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 2 teaspoons peppercorns dried green canned drained

- ☐ 2 tablespoons maple syrup
- ☐ 2 servings salt and pepper
- ☐ 4 oz sugar snap peas fresh

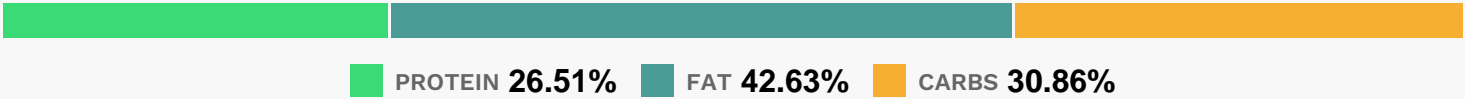
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen scissors
- ☐ poultry shears

## Directions

- ☐ Remove neck and giblets from hen; reserve for another use or discard. Pull off and discard any pockets of fat. With poultry shears or kitchen scissors, split bird in half lengthwise through breastbone and backbone. Rinse halves and pat dry; set, skin up and slightly apart, on a lightly oiled rack in a foil-lined 10- by 15-inch baking pan. Arrange carrots slightly apart alongside.
- ☐ Roast in 425 regular or convection oven until hen is lightly browned, 20 to 25 minutes.
- ☐ Meanwhile, in a small bowl, mix maple syrup and mustard. Rinse and string snap peas if using fresh.
- ☐ Remove pan from oven and brush hen halves and carrots with mustard mixture, turning as needed to coat all sides. Set halves skin up on rack and continue roasting with carrots until meat at thigh bone is no longer pink (cut to test), 10 to 14 minutes longer.
- ☐ About 8 minutes before hen is done, in a 1- to 1 1/2-quart pan over high heat, bring broth, corn, snap peas, and peppercorns to a boil. Stir in couscous. Cover pan and remove from heat; let stand until broth is absorbed and couscous is tender to bite, about 5 minutes.
- ☐ Mound couscous equally on plates. Set a hen half on each mound and arrange carrots alongside couscous.
- ☐ Add salt and pepper to taste.

# Nutrition Facts



## Properties

Glycemic Index:90.17, Glycemic Load:31.14, Inflammation Score:-10, Nutrition Score:45.066521768985%

## Flavonoids

Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 1066.08kcal (53.3%), Fat: 50.22g (77.27%), Saturated Fat: 13.6g (85.02%), Carbohydrates: 81.78g (27.26%), Net Carbohydrates: 70.73g (25.72%), Sugar: 26.95g (29.94%), Cholesterol: 343.6mg (114.53%), Sodium: 1434.89mg (62.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.28g (140.56%), Vitamin A: 31603.26IU (632.07%), Vitamin B3: 24.51mg (122.54%), Vitamin B6: 1.45mg (72.55%), Manganese: 1.42mg (71.04%), Phosphorus: 710.3mg (71.03%), Selenium: 48.81µg (69.73%), Vitamin B2: 1.12mg (66.13%), Vitamin C: 47.89mg (58.05%), Potassium: 1783.48mg (50.96%), Vitamin K: 46.72µg (44.5%), Fiber: 11.05g (44.18%), Vitamin B1: 0.6mg (40.3%), Vitamin B5: 4.01mg (40.07%), Zinc: 5.39mg (35.9%), Magnesium: 139.03mg (34.76%), Iron: 5.49mg (30.51%), Folate: 109.96µg (27.49%), Copper: 0.46mg (23.03%), Vitamin B12: 1.35µg (22.49%), Calcium: 170.94mg (17.09%), Vitamin E: 2.51mg (16.72%)