



 **60%**
HEALTH SCORE

Moroccan-Style Roast Cornish Hens with Vegetables

 Dairy Free  Very Healthy

READY IN



285 min.

SERVINGS



8

CALORIES



993 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black
- 1.5 lb butternut squash peeled seeded cut into 1 1/2-inch chunks
- 28 oz canned tomatoes whole drained chopped canned
- 1 teaspoon caraway seeds
- 0.5 teaspoon ground pepper
- 0.5 cup chicken broth
- 5 lb cornish game hens halved lengthwise

- 8 servings couscous
- 6 tablespoons parsley mixed fresh chopped
- 4 garlic clove
- 1.5 teaspoons ground cinnamon
- 4 teaspoons ground cumin
- 2 teaspoons ground ginger
- 0.3 cup honey
- 0.3 cup juice of lemon fresh
- 2 tablespoons olive oil
- 2 medium onion 1-inch-thick cut lengthwise into wedges
- 2 tablespoons paprika
- 2 bell pepper red quartered cut into 1 1/2-inch pieces
- 1.5 tablespoons salt
- 2 medium turnip 1-inch-thick peeled halved lengthwise ()
- 2 large zucchini halved lengthwise cut into 1 1/2-inch pieces ()

Equipment

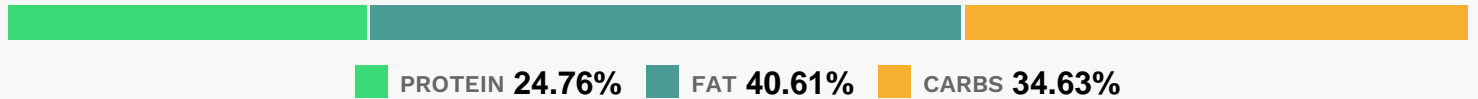
- bowl
- frying pan
- oven
- whisk
- roasting pan
- aluminum foil
- rolling pin
- chefs knife

Directions

- Preheat oven to 425F.

- Coarsely grind caraway seeds with salt in an electric coffee/spice grinder or crush with a rolling pin. Mince garlic, then mash to a paste with salt mixture using flat side of a chef's knife.
- Transfer paste to a large bowl and whisk in honey, lemon juice, oil, spices, and pepper.
- Put zucchini, turnips, bell peppers, butternut squash, and onions in an oiled large roasting pan, then add half of spice mixture and toss until well coated. Stir tomatoes and broth into vegetables.
- Add hens to large bowl with remaining spice mixture and toss to coat, then arrange hens, breast sides up, over vegetables in pan.
- Cover pan tightly with foil and roast in middle of oven 1 hour. Uncover and roast until hens are browned and vegetables are tender, 20 to 30 minutes more. Skim fat from cooking liquid.
- Sprinkle herbs on top and spoon some cooking liquid over hens.

Nutrition Facts



Properties

Glycemic Index:56.66, Glycemic Load:38.28, Inflammation Score:-10, Nutrition Score:47.29434805331%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 993.3kcal (49.66%), Fat: 45.03g (69.28%), Saturated Fat: 11.83g (73.92%), Carbohydrates: 86.43g (28.81%), Net Carbohydrates: 75.94g (27.61%), Sugar: 21.07g (23.41%), Cholesterol: 286.62mg (95.54%), Sodium: 1710.94mg (74.39%), Alcohol: 0g (100%), Protein: 61.77g (123.54%), Vitamin A: 11837.49IU (236.75%), Vitamin C: 97.1mg (117.7%), Vitamin B3: 21.69mg (108.47%), Vitamin B6: 1.54mg (77.03%), Manganese: 1.52mg (75.76%), Vitamin K: 71.49µg (68.09%), Phosphorus: 636.14mg (63.61%), Potassium: 1848.16mg (52.8%), Selenium: 35.89µg (51.27%), Vitamin B2: 0.76mg (44.91%), Fiber: 10.49g (41.95%), Magnesium: 163.34mg (40.83%), Iron: 6.88mg (38.24%), Vitamin B1: 0.57mg (37.95%), Vitamin B5: 3.56mg (35.58%), Copper: 0.67mg (33.37%), Vitamin E: 4.98mg (33.22%), Zinc: 4.89mg (32.61%), Folate: 107.22µg (26.8%), Calcium: 181.14mg (18.11%), Vitamin B12: 0.94µg (15.64%)