



Orange Cornish Hen for Two



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



2

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cornish game hen thawed
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.3 cup honey
- ☐ 0.3 cup catsup
- ☐ 0.5 cup orange juice concentrate frozen thawed
- ☐ 1 teaspoon salt

Equipment

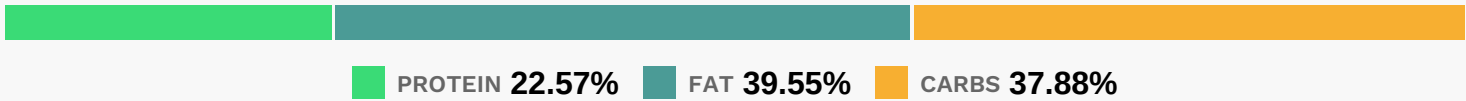
- ☐ sauce pan

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Season hen with salt and black pepper; place in a roasting pan.
- ☐ Roast hen in the preheated oven until partially cooked, 25 to 30 minutes.
- ☐ Mix orange juice concentrate, honey, and ketchup in a saucepan; bring to a boil and cook until syrup consistency, 5 to 10 minutes.
- ☐ Baste hen with orange glaze; continue roasting, basting every ten minutes, until an instant-read thermometer inserted into the thickest part of the thigh, near the bone reads 180 degrees F (82 degrees C), 35 to 40 more minutes.
- ☐ Let rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.14, Glycemic Load:18.27, Inflammation Score:-7, Nutrition Score:23.386087044426%

Flavonoids

Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 715.46kcal (35.77%), Fat: 31.77g (48.88%), Saturated Fat: 8.81g (55.03%), Carbohydrates: 68.45g (22.82%), Net Carbohydrates: 67.44g (24.52%), Sugar: 62.27g (69.19%), Cholesterol: 227.25mg (75.75%), Sodium: 1578.85mg (68.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.78g (81.57%), Vitamin C: 105.52mg (127.9%), Vitamin B3: 14.03mg (70.14%), Vitamin B6: 0.91mg (45.37%), Selenium: 27.41µg (39.16%), Phosphorus: 368.6mg (36.86%), Vitamin B2: 0.57mg (33.74%), Potassium: 1090.81mg (31.17%), Vitamin B1: 0.36mg (24.22%), Zinc: 2.85mg (19.03%), Vitamin B5: 1.82mg (18.18%), Magnesium: 70.98mg (17.75%), Folate: 65.05µg (16.26%), Vitamin A: 668.72IU (13.37%), Iron: 2.33mg (12.95%), Vitamin B12: 0.74µg (12.38%), Manganese: 0.2mg (10.02%), Copper: 0.2mg (10.02%), Vitamin E: 1.5mg (9.99%), Vitamin K: 7.4µg (7.05%), Calcium: 61.71mg (6.17%), Fiber: 1.01g (4.05%)