



Orange-Ginger Glazed Cornish Hens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



743 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound cornish game hens halved
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.8 cup orange juice fresh (3 oranges)
- ☐ 0.5 teaspoon salt

☐ 1 tablespoon water

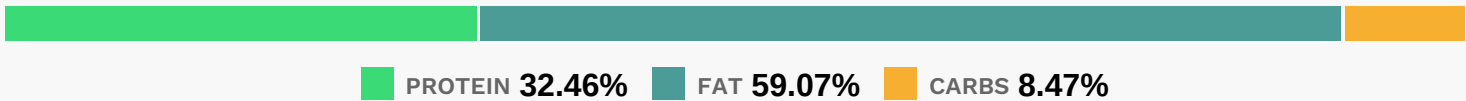
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 47
- ☐ Combine first 4 ingredients in a small saucepan; bring to a boil.
- ☐ Combine water and cornstarch in a small bowl, stirring with a whisk.
- ☐ Add to juice mixture in pan, stirring with a whisk. Cook 2 minutes or until thick and glossy, stirring constantly.
- ☐ Place hen halves, meaty sides up, on a foil-lined jelly roll pan coated with cooking spray; sprinkle hen halves with salt and ground ginger. Spoon juice mixture evenly over hen halves.
- ☐ Insert a meat thermometer into meaty part of a thigh, making sure not to touch bone.
- ☐ Bake at 475 for 25 minutes or until the thermometer registers 180.

Nutrition Facts



Properties

Glycemic Index:29.82, Glycemic Load:7.06, Inflammation Score:-5, Nutrition Score:22.866086856179%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg,

Naringenin: 1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 742.96kcal (37.15%), Fat: 47.84g (73.6%), Saturated Fat: 13.26g (82.87%), Carbohydrates: 15.43g (5.14%), Net Carbohydrates: 15.17g (5.52%), Sugar: 12.61g (14.02%), Cholesterol: 343.6mg (114.53%), Sodium: 643.89mg (28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.15g (118.3%), Vitamin B3: 19.6mg (98%), Selenium: 40.49µg (57.84%), Vitamin B6: 1.04mg (51.91%), Phosphorus: 492.98mg (49.3%), Vitamin B2: 0.61mg (35.73%), Vitamin C: 25.18mg (30.52%), Zinc: 4.01mg (26.75%), Potassium: 933.31mg (26.67%), Vitamin B5: 2.19mg (21.88%), Vitamin B1: 0.29mg (19.52%), Vitamin B12: 1.12µg (18.71%), Magnesium: 71.43mg (17.86%), Iron: 2.92mg (16.23%), Copper: 0.2mg (10.17%), Vitamin A: 460.48IU (9.21%), Manganese: 0.18mg (8.94%), Vitamin K: 8.22µg (7.83%), Folate: 26.54µg (6.64%), Vitamin E: 1mg (6.64%), Calcium: 45.52mg (4.55%), Fiber: 0.26g (1.02%)