



Orange-Ginger Hens with Cranberry Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 6 pound cornish game hens
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon ginger fresh grated
- ☐ 4 garlic cloves minced
- ☐ 1 teaspoon horseradish prepared
- ☐ 0.3 cup juice of lemon
- ☐ 0.8 cup orange juice fresh

- ☐ 1 tablespoon orange rind grated
- ☐ 0.5 teaspoon pepper
- ☐ 4 servings cranberry salsa
- ☐ 1 teaspoon salt

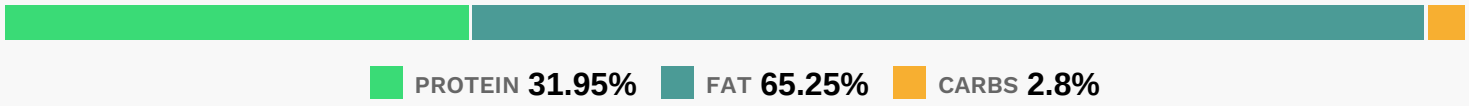
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Rub hens evenly with salt and pepper; tie ends of legs together, if desired, and place on a rack in a roasting pan.
- ☐ Bring butter and next 7 ingredients to a boil in a saucepan; pour over hens.
- ☐ Bake at 375 for 1 hour or until hens are done, basting often with butter mixture.
- ☐ Serve with Cranberry Salsa and, if desired, rice pilaf.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:2.86, Inflammation Score:-8, Nutrition Score:40.414782607037%

Flavonoids

Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 7.76mg, Hesperetin: 7.76mg, Hesperetin: 7.76mg, Hesperetin: 7.76mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 1507.19kcal (75.36%), Fat: 107.18g (164.89%), Saturated Fat: 28.88g (180.51%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 9.11g (3.31%), Sugar: 5.72g (6.36%), Cholesterol: 687.19mg (229.06%), Sodium:

1388.07mg (60.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 118.1g (236.2%), Vitamin B3: 39.25mg (196.25%), Selenium: 82.41µg (117.73%), Vitamin B6: 2.14mg (106.86%), Phosphorus: 985.5mg (98.55%), Vitamin B2: 1.2mg (70.4%), Zinc: 8mg (53.35%), Potassium: 1837.56mg (52.5%), Vitamin C: 36.58mg (44.34%), Vitamin B5: 4.37mg (43.73%), Vitamin B1: 0.57mg (38.03%), Vitamin B12: 2.26µg (37.66%), Magnesium: 138.14mg (34.53%), Iron: 5.71mg (31.75%), Vitamin A: 1500.45IU (30.01%), Copper: 0.4mg (19.93%), Vitamin E: 2.8mg (18.69%), Vitamin K: 18.25µg (17.39%), Manganese: 0.26mg (12.91%), Calcium: 106.74mg (10.67%), Folate: 40.58µg (10.15%), Fiber: 1.24g (4.95%)