



Orange Glazed Cornish Hen



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



2

CALORIES



1476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground to taste
- ☐ 2 cornish game hens
- ☐ 0.3 cup dijon mustard
- ☐ 3 cloves garlic chopped
- ☐ 2 teaspoons ground ginger
- ☐ 0.5 cup honey
- ☐ 1 teaspoon kosher salt
- ☐ 1 lemon zest juiced

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion diced finely
- ☐ 2 cups orange juice
- ☐ 1 orange zest juiced
- ☐ 0.5 cup soya sauce

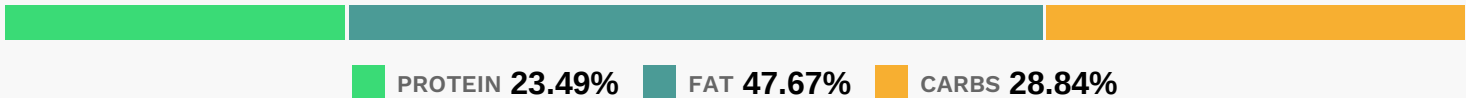
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer

Directions

- ☐ Mix olive oil, 1 tablespoon Dijon mustard, lemon zest and juice, orange zest and juice, garlic, salt, and black pepper together in a large resealable bag.
- ☐ Add hens, seal bag, and coat hens with marinade. Refrigerate for at least 1 hour, flipping the bag 1 or 2 times to redistribute marinade.
- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Mix orange juice, soy sauce, honey, 1/4 cup Dijon mustard, onion, ginger, and black pepper together in a bowl.
- ☐ Remove hens from marinade and transfer to a roasting pan, discarding leftover marinade.
- ☐ Roast hens in the preheated oven for 50 minutes.
- ☐ Brush hens with orange glaze and roast for 5 more minutes. Flip hens, brush with more glaze, and roast until meat is no longer pink in the center, about 5 more minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:120.14, Glycemic Load:50.93, Inflammation Score:-9, Nutrition Score:44.059564963631%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg, Hesperetin: 29.64mg Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg, Naringenin: 5.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 1475.67kcal (73.78%), Fat: 78.85g (121.3%), Saturated Fat: 19.65g (122.81%), Carbohydrates: 107.34g (35.78%), Net Carbohydrates: 103.18g (37.52%), Sugar: 92.93g (103.25%), Cholesterol: 454.5mg (151.5%), Sodium: 5028.13mg (218.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 87.42g (174.83%), Vitamin C: 141.73mg (171.79%), Vitamin B3: 29.41mg (147.06%), Selenium: 67.02µg (95.74%), Vitamin B6: 1.69mg (84.64%), Phosphorus: 802.39mg (80.24%), Manganese: 1.38mg (68.83%), Vitamin B2: 1mg (58.94%), Potassium: 1864.59mg (53.27%), Vitamin B1: 0.67mg (44.86%), Zinc: 6.12mg (40.8%), Magnesium: 157.49mg (39.37%), Iron: 6.92mg (38.45%), Vitamin B5: 3.68mg (36.82%), Folate: 108.62µg (27.15%), Copper: 0.5mg (25.14%), Vitamin B12: 1.49µg (24.75%), Vitamin E: 3.52mg (23.44%), Vitamin A: 1032.75IU (20.66%), Vitamin K: 20.28µg (19.31%), Fiber: 4.16g (16.65%), Calcium: 143.08mg (14.31%)