



Orange-Glazed Cornish Hens



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



1558 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 9 pound cornish game hens
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 teaspoon ground ginger
- ☐ 3 tablespoons honey
- ☐ 1 tablespoon juice of lemon
- ☐ 1 slices garnishes: orange parsley sprigs fresh
- ☐ 0.3 cup orange juice
- ☐ 1 cup orange marmalade

- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 6 servings sausage stuffing
- ☐ 0.5 cup water

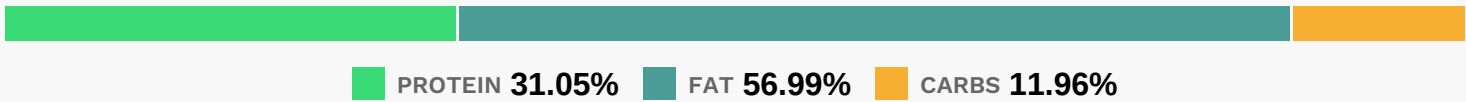
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Rub hens with salt and pepper; spoon 3 tablespoons Sausage Stuffing into each hen cavity; tie legs together, if desired.
- ☐ Place hens on a rack in an aluminum foil-lined roasting pan.
- ☐ Stir 1/2 cup water and eggs into remaining stuffing, and spoon into a lightly greased 13- x 9- inch baking dish. Cover and set aside.
- ☐ Stir together orange marmalade, juice, and next 3 ingredients in a small saucepan. Cook mixture over medium heat, stirring constantly, 5 minutes or until orange marmalade is melted.
- ☐ Bake hens at 350 for 30 minutes; brush evenly with orange sauce, and bake 20 more minutes.
- ☐ Brush again with orange sauce, and cover loosely with aluminum foil.
- ☐ Bake hens and stuffing casserole 40 minutes, uncovering stuffing after 30 minutes.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:5.19, Inflammation Score:-6, Nutrition Score:38.239130486613%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1558.18kcal (77.91%), Fat: 97.28g (149.67%), Saturated Fat: 27.09g (169.3%), Carbohydrates: 45.93g (15.31%), Net Carbohydrates: 45.35g (16.49%), Sugar: 41.84g (46.48%), Cholesterol: 749.91mg (249.97%), Sodium: 864.13mg (37.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 119.27g (238.55%), Vitamin B3: 38.77mg (193.87%), Selenium: 85.89µg (122.71%), Vitamin B6: 2.06mg (102.97%), Phosphorus: 992.4mg (99.24%), Vitamin B2: 1.26mg (73.91%), Zinc: 8.12mg (54.16%), Potassium: 1689.47mg (48.27%), Vitamin B5: 4.45mg (44.55%), Vitamin B12: 2.4µg (40.04%), Vitamin B1: 0.52mg (34.74%), Iron: 5.81mg (32.28%), Magnesium: 128.36mg (32.09%), Copper: 0.41mg (20.61%), Vitamin A: 886.55IU (17.73%), Vitamin C: 13.4mg (16.24%), Vitamin K: 16.94µg (16.13%), Vitamin E: 2.13mg (14.2%), Calcium: 109.79mg (10.98%), Manganese: 0.21mg (10.31%), Folate: 37.63µg (9.41%), Vitamin D: 0.35µg (2.31%), Fiber: 0.57g (2.3%)