



Orange-Glazed Hens



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



12

CALORIES



1005 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots quartered
- ☐ 2 rib celery quartered
- ☐ 15 lb chickens whole
- ☐ 0.3 teaspoon ground ginger
- ☐ 3 tablespoons honey
- ☐ 12 servings garnishes: kumquats fresh whole
- ☐ 1 tablespoon juice of lemon
- ☐ 2 small onions quartered

- ☐ 0.3 cup orange juice
- ☐ 12 oz orange marmalade
- ☐ 2 small oranges quartered
- ☐ 3 parsley sprigs
- ☐ 2.3 teaspoons pepper
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2.3 teaspoons salt
- ☐ 12 servings kitchen string

Equipment

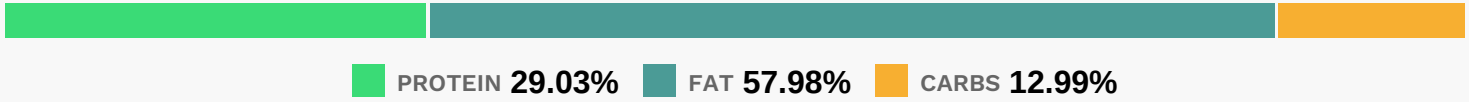
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Remove giblet packages from hens, and reserve for another use. Rinse hens, and pat dry.
- ☐ Remove excess fat and skin. Rub hens evenly with salt and pepper. Squeeze juice from 1 orange quarter into each hen cavity. Fill hen cavities with remaining orange quarters, onions, carrots, celery, and parsley sprigs.
- ☐ Place hens, breast sides up, on a wire rack in an aluminum foil-lined shallow roasting pan. Tie legs together with kitchen string.
- ☐ Stir together orange marmalade and next 5 ingredients in a small saucepan. Cook mixture over medium heat, stirring constantly, 2 to 3 minutes or until orange marmalade is melted.
- ☐ Remove and reserve 3/4 cup mixture.
- ☐ Bake hens at 350 for 1 1/2 hours; brush evenly with orange glaze, and bake 30 more minutes.
- ☐ Brush with orange glaze; shield with aluminum foil.

- ☐ Bake 15 minutes or until a meat thermometer inserted into thickest portion of thigh registers 17
- ☐ Garnish, if desired.
- ☐ Serve with reserved 3/4 cup orange mixture.

Nutrition Facts



Properties

Glycemic Index:30.22, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:38.284782907237%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg Naringenin: 3.15mg, Naringenin: 3.15mg, Naringenin: 3.15mg, Naringenin: 3.15mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 1005.34kcal (50.27%), Fat: 64.21g (98.78%), Saturated Fat: 18.3g (114.39%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 29.61g (10.77%), Sugar: 26.16g (29.06%), Cholesterol: 355.96mg (118.65%), Sodium: 749.7mg (32.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.33g (144.67%), Vitamin B3: 27.23mg (136.14%), Vitamin A: 5670.49IU (113.41%), Vitamin B6: 1.45mg (72.59%), Phosphorus: 716.51mg (71.65%), Selenium: 48.76µg (69.66%), Vitamin B12: 4.1µg (68.29%), Vitamin B2: 0.79mg (46.68%), Vitamin B5: 4.45mg (44.52%), Vitamin C: 31.85mg (38.61%), Zinc: 5.53mg (36.83%), Iron: 6.46mg (35.91%), Folate: 139.86µg (34.97%), Potassium: 1040.78mg (29.74%), Vitamin K: 29.85µg (28.43%), Magnesium: 98.84mg (24.71%), Vitamin B1: 0.32mg (21.52%), Manganese: 0.34mg (17.02%), Copper: 0.34mg (16.99%), Fiber: 2.77g (11.06%), Calcium: 89.06mg (8.91%), Vitamin E: 0.37mg (2.46%)