



Oven-Braised Cornish Hens with Cider Vinegar and Warm Vegetable Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons butter
- ☐ 1 cup cider vinegar
- ☐ 2.5 pound cornish game hens
- ☐ 0.5 pound cremini mushrooms halved
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 2 garlic cloves minced
- ☐ 1 apples i use 2 granny smith apples peeled cut into 1/2-inch slices
- ☐ 2 cups leek (1-inch) (2 large)
- ☐ 1 teaspoon olive oil
- ☐ 3 plum tomatoes quartered
- ☐ 0.5 pound potatoes red quartered
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ slotted spoon
- ☐ dutch oven

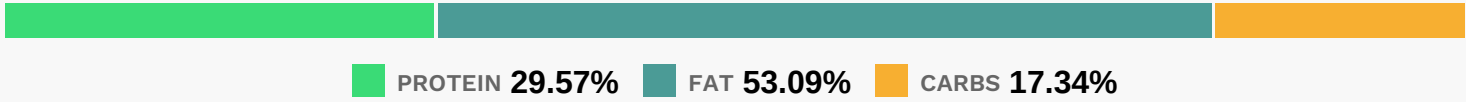
Directions

- ☐ Preheat oven to 35
- ☐ Rinse hens with cold water; pat dry.
- ☐ Remove skin; trim excess fat. Split hens in half lengthwise.
- ☐ Combine flour, salt, and pepper in a shallow dish; dredge hens in flour mixture. Melt butter in a large Dutch oven over medium-high heat.
- ☐ Add oil and hens, and cook 4 minutes on each side or until browned.
- ☐ Remove from pan.
- ☐ Add leek, mushrooms, and garlic to pan; saut 5 minutes.
- ☐ Add broth and vinegar, stirring to loosen browned bits. Return hens to pan; add tomatoes, apple, and potatoes. Bring to a simmer. Cover and bake at 350 for 30 minutes or until hens are done.
- ☐ Place hens on a serving platter, and keep warm.
- ☐ Remove vegetable mixture from pan with a slotted spoon; place in a serving bowl. Reserve 2 cups cooking liquid in pan; discard remaining liquid. Bring reserved cooking liquid to a boil;

cook 8 minutes or until reduced by half, stirring occasionally.

- ☐ Pour over vegetable mixture.
- ☐ Sprinkle with parsley.
- ☐ Serve with hens.

Nutrition Facts



Properties

Glycemic Index:90.25, Glycemic Load:7.4, Inflammation Score:-8, Nutrition Score:35.068695311961%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 743.71kcal (37.19%), Fat: 43.08g (66.27%), Saturated Fat: 12.22g (76.35%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 27.61g (10.04%), Sugar: 9.94g (11.05%), Cholesterol: 290.36mg (96.79%), Sodium: 1201.8mg (52.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.99g (107.98%), Vitamin B3: 20.71mg (103.56%), Selenium: 54.88µg (78.39%), Vitamin K: 67.82µg (64.59%), Vitamin B6: 1.2mg (60.09%), Phosphorus: 564.94mg (56.49%), Vitamin B2: 0.88mg (51.73%), Potassium: 1540.02mg (44%), Manganese: 0.74mg (36.98%), Vitamin A: 1680.03IU (33.6%), Copper: 0.65mg (32.3%), Vitamin B5: 3.12mg (31.16%), Zinc: 4.36mg (29.08%), Vitamin C: 23.23mg (28.15%), Vitamin B1: 0.42mg (27.96%), Iron: 4.76mg (26.42%), Magnesium: 96.02mg (24%), Vitamin B12: 1.34µg (22.27%), Folate: 84.86µg (21.22%), Fiber: 4.04g (16.14%), Vitamin E: 1.76mg (11.71%), Calcium: 99.2mg (9.92%)