



Quince-Glazed Cornish Hens

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.8 pound cornish game hens
- 2 tablespoons juice of lemon
- 0.3 teaspoon pepper
- 0.5 cup quinces
- 0.5 teaspoon salt

Equipment

- sauce pan
- oven

- blender
- broiler pan

Directions

- Preheat oven to 40
- Remove and discard giblets and necks from hens. Rinse hens under cold water; pat dry.
- Remove skin, and trim excess fat. Working with 1 hen at a time, tie ends of legs together with cord. Lift wing tips up and over back; tuck under hen.
- Combine salt and pepper; sprinkle over hens.
- Place hens on a broiler pan coated with cooking spray; bake for 45 minutes.
- Combine marmalade and lemon juice in a small saucepan; cook over medium heat 3 minutes.
- Place marmalade mixture in a blender; process until smooth.
- Brush hens with marmalade mixture.
- Bake an additional 15 minutes or until juices run clear, basting occasionally with marmalade mixture.
- Remove cord; split hens in half lengthwise.
- Garnish with rosemary sprigs, if desired.

Nutrition Facts

■ PROTEIN **34.4%** ■ FAT **63.19%** ■ CARBS **2.41%**

Properties

Glycemic Index:11.17, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:17.405652217243%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 579.54kcal (28.98%), Fat: 39.78g (61.2%), Saturated Fat: 11.03g (68.96%), Carbohydrates: 3.41g (1.14%),
Net Carbohydrates: 3g (1.09%), Sugar: 0.13g (0.14%), Cholesterol: 286.33mg (95.44%), Sodium: 367.58mg (15.98%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.72g (97.45%), Vitamin B3: 16.13mg (80.67%), Selenium:
33.58µg (47.97%), Vitamin B6: 0.85mg (42.34%), Phosphorus: 400.78mg (40.08%), Vitamin B2: 0.49mg (28.75%),
Zinc: 3.27mg (21.81%), Potassium: 714.19mg (20.41%), Vitamin B5: 1.75mg (17.5%), Vitamin B12: 0.94µg (15.59%),
Vitamin B1: 0.21mg (14.15%), Magnesium: 53.05mg (13.26%), Iron: 2.36mg (13.13%), Copper: 0.17mg (8.33%), Vitamin
C: 6.31mg (7.65%), Vitamin K: 6.94µg (6.61%), Vitamin A: 314.82IU (6.3%), Vitamin E: 0.8mg (5.35%), Calcium:
34.14mg (3.41%), Manganese: 0.06mg (2.85%), Folate: 10.11µg (2.53%), Fiber: 0.41g (1.64%)