



Red Currant-Glazed Cornish Hens and Pearl Onions

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



894 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter
- ☐ 3 pound cornish game hens
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 0.3 teaspoon thyme leaves fresh chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 pound pearl onions
- ☐ 0.5 cup currant jelly red
- ☐ 1 teaspoon salt divided
- ☐ 1 tablespoon shallots finely chopped
- ☐ 1 tablespoon sugar
- ☐ 2 quarts water

Equipment

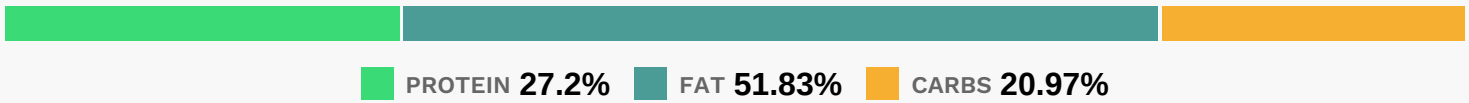
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 6 ingredients in a small saucepan. Stir in 1/4 teaspoon salt; bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally.
- ☐ Remove and discard giblets and necks from hens.
- ☐ Remove skin; trim excess fat. Split hens in half lengthwise.
- ☐ Place hen halves, meaty sides up, in a roasting pan coated with cooking spray.
- ☐ Sprinkle with 1/2 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Bake at 425 for 10 minutes.
- ☐ Remove from oven, and brush hens with half of jelly mixture. Reduce oven temperature to 400
- ☐ Bake at 400 for 8 minutes.
- ☐ Remove from oven, and brush hens with remaining half of jelly mixture.
- ☐ Bake at 400 for 7 minutes or until a thermometer registers 165

- ☐ Bring 2 quarts water to a boil in a large saucepan.
- ☐ Add onions to pan; cook 2 minutes.
- ☐ Remove onions with a slotted spoon.
- ☐ Drain and rinse under cold running water; drain. Pinch stem end of each onion; discard peels.
Melt butter in a large nonstick skillet over medium heat.
- ☐ Add onions, sugar, 1 tablespoon lemon juice, remaining 1/4 teaspoon salt, and remaining 1/8 teaspoon pepper to pan; cook 12 minutes or until golden brown, stirring frequently.
- ☐ Serve with hens.

Nutrition Facts



Properties

Glycemic Index:91.21, Glycemic Load:21.35, Inflammation Score:-7, Nutrition Score:24.734347737354%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.16mg, Quercetin: 23.16mg, Quercetin: 23.16mg, Quercetin: 23.16mg

Nutrients (% of daily need)

Calories: 893.86kcal (44.69%), Fat: 50.74g (78.06%), Saturated Fat: 15.09g (94.34%), Carbohydrates: 46.21g (15.4%), Net Carbohydrates: 43.62g (15.86%), Sugar: 30.76g (34.18%), Cholesterol: 351.12mg (117.04%), Sodium: 854.48mg (37.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.91g (119.81%), Vitamin B3: 19.49mg (97.43%), Selenium: 41.68µg (59.54%), Vitamin B6: 1.16mg (58.23%), Phosphorus: 521.93mg (52.19%), Vitamin B2: 0.65mg (38.17%), Potassium: 1041.29mg (29.75%), Zinc: 4.2mg (28.03%), Vitamin B5: 2.25mg (22.52%), Vitamin B1: 0.32mg (21.01%), Vitamin C: 16.85mg (20.42%), Magnesium: 81.55mg (20.39%), Vitamin B12: 1.13µg (18.81%), Iron: 3.2mg (17.79%), Copper: 0.34mg (16.92%), Manganese: 0.26mg (13.07%), Fiber: 2.59g (10.36%), Folate: 38.74µg (9.68%), Vitamin A: 464.45IU (9.29%), Calcium: 91.48mg (9.15%), Vitamin K: 9.09µg (8.66%), Vitamin E: 1.12mg (7.48%)