



Roast Cornish Game Hen with Spicy Fruit Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



891 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 pound cornish game hens split
- ☐ 1.5 tablespoons thyme sprigs fresh chopped
- ☐ 0.8 teaspoon ground allspice
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon hot sauce hot
- ☐ 0.8 cup salsa

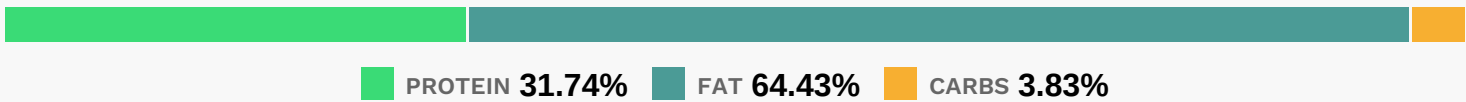
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Mix first 3 ingredients in medium bowl.
- ☐ Transfer 3 tablespoons salsa mixture to small bowl and stir in oil and allspice.
- ☐ Place hen halves on rack set on baking sheet.
- ☐ Sprinkle with salt and pepper; brush with oil mixture. Roast until juices run clear when thigh is pierced, about 25 minutes.
- ☐ Transfer hen halves to plates. Spoon remaining salsa mixture on top.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.3, Inflammation Score:-10, Nutrition Score:28.583043720411%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg, Luteolin: 2.38mg

Nutrients (% of daily need)

Calories: 891.33kcal (44.57%), Fat: 62.99g (96.9%), Saturated Fat: 16.47g (102.94%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 5.76g (2.09%), Sugar: 3.73g (4.14%), Cholesterol: 400.86mg (133.62%), Sodium: 909.33mg (39.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.81g (139.63%), Vitamin B3: 23.74mg (118.68%), Vitamin B6: 1.36mg (68.19%), Selenium: 47.73µg (68.19%), Phosphorus: 593.37mg (59.34%), Vitamin B2: 0.73mg (43.06%), Potassium: 1229.53mg (35.13%), Zinc: 4.86mg (32.42%), Vitamin B5: 2.64mg (26.37%), Iron: 4.52mg (25.1%), Magnesium: 95.53mg (23.88%), Vitamin A: 1151.74IU (23.03%), Vitamin E: 3.31mg (22.07%), Vitamin B1: 0.33mg (21.83%), Vitamin B12: 1.31µg (21.83%), Vitamin K: 17.86µg (17.01%), Vitamin C: 13.28mg (16.1%), Copper: 0.29mg (14.57%), Manganese: 0.29mg (14.32%), Fiber: 2.65g (10.62%), Calcium: 97.33mg (9.73%), Folate: 18.5µg (4.62%)