



Roast Cornish Game Hens with Orange-Teriyaki Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1014 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound cornish game hens
- ☐ 1 tablespoon ginger minced peeled
- ☐ 4 spring onion finely chopped
- ☐ 0.7 cup chicken broth canned
- ☐ 1 cup orange juice
- ☐ 2 tablespoons orange zest grated
- ☐ 1 cup teriyaki sauce thick

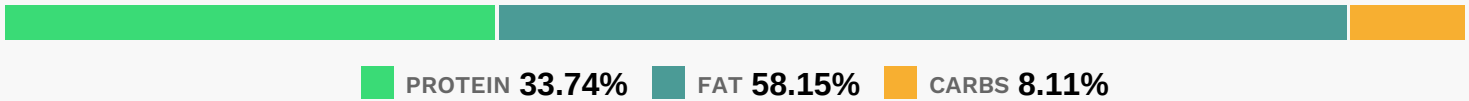
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ Whisk first 5 ingredients in bowl to blend for marinade.
- ☐ Place hens in plastic bag.
- ☐ Add 1 cup marinade; seal bag.
- ☐ Let hens marinate 1 hour at room temperature or refrigerate up to 3 hours, turning bag occasionally. Reserve remaining marinade.
- ☐ Preheat oven to 400°F.
- ☐ Place rack on large rimmed baking sheet. Arrange hens on rack; drizzle with marinade from bag. Roast hens until cooked through and brown, basting occasionally with reserved marinade from bowl, about 1 hour.
- ☐ Transfer hens to platter. Scrape juices into pan; add broth and any remaining marinade. Bring sauce to boil. Season with salt and pepper; spoon over hens.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:3.51, Inflammation Score:-7, Nutrition Score:32.89217397441%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg,

Naringenin: 1.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 1013.61kcal (50.68%), Fat: 64.01g (98.48%), Saturated Fat: 17.74g (110.86%), Carbohydrates: 20.09g (6.7%), Net Carbohydrates: 19.23g (6.99%), Sugar: 15.72g (17.47%), Cholesterol: 458.13mg (152.71%), Sodium: 3048.95mg (132.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.58g (167.16%), Vitamin B3: 27.55mg (137.73%), Selenium: 54.49µg (77.85%), Phosphorus: 773.91mg (77.39%), Vitamin B6: 1.45mg (72.71%), Vitamin B2: 0.86mg (50.87%), Vitamin C: 39.69mg (48.11%), Potassium: 1437.05mg (41.06%), Zinc: 5.42mg (36.13%), Magnesium: 136.59mg (34.15%), Vitamin K: 35.79µg (34.09%), Vitamin B5: 3.05mg (30.51%), Iron: 5.18mg (28.78%), Vitamin B1: 0.42mg (27.94%), Vitamin B12: 1.54µg (25.6%), Copper: 0.36mg (17.91%), Vitamin A: 746.12IU (14.92%), Folate: 46.74µg (11.69%), Vitamin E: 1.37mg (9.15%), Calcium: 90.04mg (9%), Manganese: 0.1mg (5.22%), Fiber: 0.86g (3.44%)