

Roast Cornish Game Hens with Orange-Teriyaki Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



950 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

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

 **PROTEIN 34.16%**  **FAT 62.02%**  **CARBS 3.82%**

Properties

Glycemic Index:24.75, Glycemic Load:3.51, Inflammation Score:-6, Nutrition Score:30.645217594893%

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: 949.53kcal (47.48%), Fat: 64g (98.45%), Saturated Fat: 17.74g (110.86%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.07g (2.94%), Sugar: 5.57g (6.19%), Cholesterol: 458.13mg (152.71%), Sodium: 291.35mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.31g (158.62%), Vitamin B3: 26.63mg (133.16%), Selenium: 53.7µg (76.71%), Vitamin B6: 1.38mg (69.11%), Phosphorus: 663.03mg (66.3%), Vitamin C: 39.69mg (48.11%), Vitamin B2: 0.81mg (47.91%), Potassium: 1275.05mg (36.43%), Zinc: 5.35mg (35.65%), Vitamin K: 35.79µg (34.09%), Vitamin B5: 2.91mg (29.07%), Vitamin B1: 0.4mg (26.5%), Vitamin B12: 1.54µg (25.6%), Magnesium: 92.67mg (23.17%), Iron: 3.96mg (21.98%), Vitamin A: 746.12IU (14.92%), Copper: 0.29mg (14.31%), Folate: 40.98µg (10.25%), Vitamin E: 1.37mg (9.15%), Calcium: 72.04mg (7.2%), Manganese: 0.1mg (5.22%), Fiber: 0.79g (3.16%)