



Roast Cornish Hens with Panzanella Stuffing

READY IN



45 min.

SERVINGS



4

CALORIES



1060 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds country bread firm cut into 1-inch cubes (8 cups)
- ☐ 1 tablespoon butter cut into small pieces
- ☐ 2 cups tomatoes diced canned drained
- ☐ 2 cornish game hens
- ☐ 2 teaspoons rosemary dried crumbled
- ☐ 6 tablespoons flat-leaf parsley chopped
- ☐ 3 cloves garlic minced
- ☐ 4 servings fresh-ground pepper black
- ☐ 3 tablespoons olive oil

- ☐ 1 teaspoon salt

Equipment

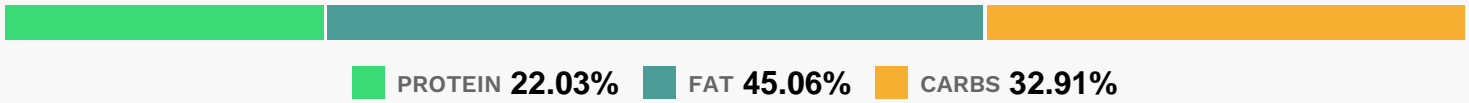
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Set the oven at 42
- ☐ Put the bread cubes in the oven while it heats and toast them until golden brown, about 6 minutes.
- ☐ Twist the wings of the Cornish hens behind their backs and tie the legs together.
- ☐ Put the hens, breast-side up, in a roasting pan. Coat the hens with 1 tablespoon of the oil; sprinkle with 1/4 teaspoon of the salt and 1/8 teaspoon pepper. Dot with the butter. Roast the hens until just done, about 40 minutes.
- ☐ Meanwhile, oil a deep 1-quart baking dish. In a large bowl, toss the tomatoes with the garlic, parsley, rosemary, the remaining 3/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Add the toasted bread cubes and the remaining 2 tablespoons oil and stir well to combine.
- ☐ Put the stuffing in the prepared baking dish and cover with a lid or with aluminum foil.
- ☐ Bake for 20 minutes.
- ☐ Remove the cover; bake until the stuffing is crisp and golden brown, about 12 minutes longer.
- ☐ When the hens are done, transfer them to a plate and leave to rest in a warm spot for about 10 minutes.
- ☐ Pour off the fat from the roasting pan and add any accumulated juices from the hens.
- ☐ Cut the hens in half and serve with the stuffing and the pan juices.
- ☐ Menu Suggestion: Only a green vegetable, perhaps broccoli rabe, is needed to complete the meal.

Wine Recommendation: This rustic, Italian-influenced recipe will go nicely with an Italian red such as a Chianti Classico. It combines fruit flavors with the acidity to stand up to the strong ingredients here.

Nutrition Facts



Properties

Glycemic Index:50.67, Glycemic Load:43.69, Inflammation Score:-8, Nutrition Score:43.683478189551%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg, Apigenin: 12.95mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 1060.21kcal (53.01%), Fat: 52.81g (81.25%), Saturated Fat: 13.22g (82.63%), Carbohydrates: 86.8g (28.93%), Net Carbohydrates: 78.52g (28.55%), Sugar: 12.68g (14.09%), Cholesterol: 234.77mg (78.26%), Sodium: 1721.27mg (74.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.09g (116.17%), Vitamin K: 122.38µg (116.55%), Vitamin B3: 23.23mg (116.14%), Manganese: 2.22mg (110.9%), Selenium: 76.02µg (108.61%), Vitamin B1: 0.93mg (61.82%), Phosphorus: 565.18mg (56.52%), Iron: 9.53mg (52.95%), Vitamin B2: 0.89mg (52.17%), Vitamin B6: 1.02mg (50.98%), Folate: 170.3µg (42.57%), Fiber: 8.28g (33.13%), Magnesium: 127.3mg (31.83%), Zinc: 4.62mg (30.81%), Potassium: 1041.43mg (29.76%), Vitamin B5: 2.95mg (29.5%), Calcium: 288.83mg (28.88%), Vitamin C: 21.32mg (25.84%), Copper: 0.46mg (23.12%), Vitamin E: 3.41mg (22.73%), Vitamin A: 981.92IU (19.64%), Vitamin B12: 0.75µg (12.47%)