



Roast Cornish Hens With Sage Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups breadcrumbs soft
- ☐ 0.3 cup butter
- ☐ 0.3 cup butter divided
- ☐ 2.3 cups chablis wine dry white divided
- ☐ 0.3 pound chicken livers
- ☐ 0.5 cup ham cooked chopped
- ☐ 6 pound cornish game hens
- ☐ 2 tablespoons flour all-purpose

- ☐ 1.3 cups mushrooms fresh sliced
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 optional: lemon
- ☐ 0.3 cup onion chopped
- ☐ 0.8 teaspoon pepper
- ☐ 0.5 cup currant jelly red
- ☐ 0.5 teaspoon rubbed sage
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup slivered almonds
- ☐ 0.3 teaspoon thyme leaves dried whole

Equipment

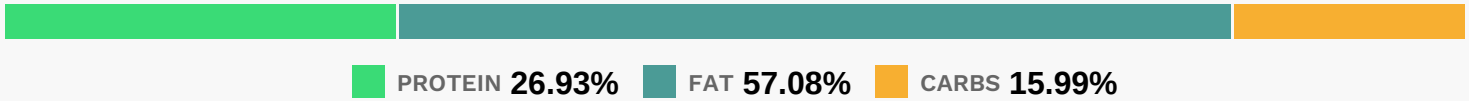
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Remove giblets from hens. Reserve livers for stuffing; discard giblets. Rinse hens with cold water; pat dry. Rub cavity of each with lemon.
- ☐ Sprinkle each cavity with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Combine reserved livers and chicken livers in a colander; rinse thoroughly, and pat dry. Saut livers in 3 tablespoons butter in a medium skillet 3 minutes or until livers are browned.
- ☐ Remove livers; chop finely and set aside. Reserve drippings in skillet.
- ☐ Add 2 tablespoons butter, onion, and ham to skillet; saut 5 minutes.
- ☐ Add chopped liver, mushrooms, almonds, parsley, and 3/4 cup wine; simmer 3 minutes.

- ☐ Remove from heat, and add breadcrumbs, sage, and thyme, stirring well. Stuff hens lightly with herb mixture. Close cavities, and secure with wooden picks; truss.
- ☐ Place hens, breast side up, in a shallow baking pan.
- ☐ Combine jelly and remaining 1/4 cup butter in a small saucepan; cook over low heat, stirring often, until jelly melts. Stir in 1 cup wine.
- ☐ Pour mixture over hens.
- ☐ Bake at 400 for 20 minutes; reduce heat to 350, and bake an additional 45 minutes, basting occasionally. If hens get too brown, cover loosely with aluminum foil.
- ☐ Skim fat from pan drippings. Discard fat, and transfer drippings to a small saucepan. Blend flour with a small amount of water, mixing to form a smooth paste; stir into drippings.
- ☐ Add remaining wine; cook, stirring constantly, until thickened and bubbly.
- ☐ Serve gravy with Cornish hens.

Nutrition Facts



Properties

Glycemic Index:50.58, Glycemic Load:12.82, Inflammation Score:-10, Nutrition Score:48.481304563906%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Eriodictyol: 1.93mg, Eriodictyol: 1.93mg, Eriodictyol: 1.93mg Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 1420.98kcal (71.05%), Fat: 84.78g (130.44%), Saturated Fat: 21.9g (136.84%), Carbohydrates: 53.43g (17.81%), Net Carbohydrates: 50.13g (18.23%), Sugar: 17.97g (19.96%), Cholesterol: 530.21mg (176.74%), Sodium: 1438.73mg (62.55%), Alcohol: 9.27g (100%), Alcohol %: 1.67% (100%), Protein: 90.01g (180.03%), Vitamin B3: 31.5mg

(157.51%), Selenium: 78.42µg (112.02%), Vitamin B2: 1.47mg (86.32%), Phosphorus: 850.85mg (85.08%), Vitamin B6: 1.67mg (83.3%), Vitamin B12: 4.92µg (81.94%), Vitamin A: 3476.44IU (69.53%), Vitamin B1: 0.85mg (56.81%), Vitamin K: 55.92µg (53.26%), Vitamin B5: 4.65mg (46.54%), Folate: 183.94µg (45.98%), Zinc: 6.89mg (45.94%), Iron: 8.13mg (45.15%), Potassium: 1443.76mg (41.25%), Manganese: 0.75mg (37.71%), Magnesium: 131.1mg (32.78%), Copper: 0.58mg (28.86%), Vitamin C: 19.41mg (23.52%), Vitamin E: 3.25mg (21.65%), Calcium: 160.09mg (16.01%), Fiber: 3.29g (13.17%)