



HEALTH SCORE

66%

Roast Hens with Golden Vegetable Hash



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup balsamic vinegar



8 oz banana squash



2 cornish game hens



1 tablespoon rubbed sage dried fresh chopped



6 rubbed sage dried fresh (2 to 3 in. long)



2 cloves garlic minced peeled



3 tablespoons olive oil



6 oz onion

- ☐ 0.1 teaspoon pepper
- ☐ 8 oz bell pepper red
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons soya sauce
- ☐ 8 oz yukon gold potatoes

Equipment

- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Remove necks and giblets from hens if present; reserve for another use or discard. Rinse hens and pat dry. In a 1-gallon zip-lock plastic bag, mix vinegar, 1 tablespoon olive oil, soy sauce, chopped sage, and half the garlic.
- ☐ Add hens. Seal bag and chill, turning occasionally, at least 1 hour or up to 1 day.
- ☐ Rinse squash, potato, and bell pepper.
- ☐ Cut off and discard skin from squash. Stem and seed bell pepper. Peel onion.
- ☐ Cut squash, potato, pepper, and onion into 1/2-inch cubes; put in a 9- by 13-inch baking pan.
- ☐ Add remaining 2 tablespoons olive oil, remaining garlic, the whole sage leaves, 1/4 teaspoon salt, and 1/8 teaspoon pepper; mix well.
- ☐ Lift hens from marinade; discard marinade. Set birds slightly apart, breast up, on a rack in a 10- by 15-inch baking pan. Tie ends of drumsticks loosely together with cotton string.
- ☐ Place vegetables on the top rack and hens on the bottom rack of a 425 regular or convection oven. Roast, stirring vegetables occasionally, until vegetables are browned and tender when pierced and hens are browned and meat at thigh bone is no longer pink (cut to test), 45 to 60 minutes.
- ☐ Add salt and pepper to hash to taste. Scoop onto plates or a platter. Arrange hens alongside.

Nutrition Facts



 PROTEIN **25.85%**  FAT **58.14%**  CARBS **16.01%**

Properties

Glycemic Index:134.88, Glycemic Load:20.82, Inflammation Score:-10, Nutrition Score:50.594782870749%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 18.37mg, Quercetin: 18.37mg, Quercetin: 18.37mg, Quercetin: 18.37mg

Nutrients (% of daily need)

Calories: 1322.74kcal (66.14%), Fat: 84.97g (130.72%), Saturated Fat: 20.66g (129.15%), Carbohydrates: 52.63g (17.54%), Net Carbohydrates: 43.84g (15.94%), Sugar: 16.87g (18.75%), Cholesterol: 454.5mg (151.5%), Sodium: 1598.37mg (69.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 84.99g (169.98%), Vitamin C: 191.34mg (231.92%), Vitamin B3: 29.32mg (146.58%), Vitamin B6: 2.38mg (118.98%), Vitamin A: 5668.27IU (113.37%), Phosphorus: 810.29mg (81.03%), Selenium: 55.06µg (78.65%), Potassium: 2401.47mg (68.61%), Vitamin B2: 1.03mg (60.36%), Vitamin K: 55.28µg (52.65%), Manganese: 0.91mg (45.31%), Zinc: 6.37mg (42.47%), Vitamin E: 6.34mg (42.27%), Magnesium: 162.63mg (40.66%), Vitamin B1: 0.58mg (38.68%), Iron: 6.93mg (38.47%), Vitamin B5: 3.84mg (38.41%), Fiber: 8.79g (35.14%), Folate: 134.09µg (33.52%), Copper: 0.53mg (26.46%), Vitamin B12: 1.49µg (24.75%), Calcium: 162.41mg (16.24%)