



Roast Peppered Cornish Hens

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



40 min.

SERVINGS



6

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.8 pound cornish game hens trimmed
- 1.5 teaspoons pepper fresh black
- 0.3 cup currant jelly
- 0.5 teaspoon salt
- 0.3 cup spicy brown mustard

Equipment

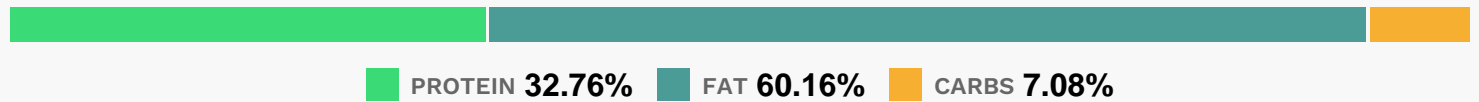
- oven
- roasting pan

kitchen thermometer

Directions

- Preheat oven to 40
- Remove and discard giblets and necks from hens. Split hens in half lengthwise.
- Place hen halves, breast sides up, in a roasting pan coated with cooking spray.
- Combine mustard and jelly.
- Brush mustard mixture over hens; sprinkle evenly with pepper and salt.
- Bake at 400 for 30 minutes or until a thermometer inserted in the meaty part of thighs registers 16
- Let stand 10 minutes.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:5.38, Inflammation Score:-3, Nutrition Score:18.047826113908%

Nutrients (% of daily need)

Calories: 613.96kcal (30.7%), Fat: 40.12g (61.73%), Saturated Fat: 11.06g (69.14%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 9.9g (3.6%), Sugar: 7.02g (7.8%), Cholesterol: 286.33mg (95.44%), Sodium: 485.48mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.16g (98.33%), Vitamin B3: 16.16mg (80.79%), Selenium: 37.29µg (53.27%), Vitamin B6: 0.85mg (42.39%), Phosphorus: 411.58mg (41.16%), Vitamin B2: 0.5mg (29.44%), Zinc: 3.34mg (22.28%), Potassium: 702.2mg (20.06%), Vitamin B5: 1.77mg (17.67%), Vitamin B12: 0.94µg (15.59%), Vitamin B1: 0.23mg (15.29%), Magnesium: 57.44mg (14.36%), Iron: 2.5mg (13.87%), Copper: 0.17mg (8.38%), Manganese: 0.16mg (7.93%), Vitamin K: 7.78µg (7.41%), Vitamin A: 316.28IU (6.33%), Vitamin E: 0.85mg (5.68%), Calcium: 42.89mg (4.29%), Vitamin C: 2.71mg (3.28%), Fiber: 0.73g (2.91%), Folate: 10.87µg (2.72%)