



## Roasted Cornish Game Hens

 **Gluten Free**  **Dairy Free**

READY IN



**80 min.**

SERVINGS



**6**

CALORIES



**967 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 stalks celery
- 6 cornish game hens dried rinsed
- 1 tablespoon basil dried
- 1 large bell pepper green
- 2 tablespoons lemon-pepper
- 2 tablespoons olive oil
- 1 large onion
- 1 tablespoon poultry seasoning

1 tablespoon salt

## Equipment

frying pan

baking sheet

oven

mixing bowl

kitchen thermometer

aluminum foil

## Directions

Watch how to make this recipe.

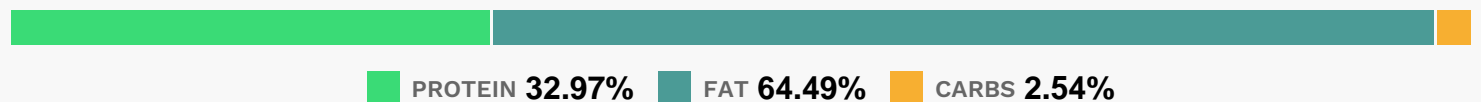
Preheat oven to 375 degrees F.

In a small mixing bowl, stir together salt, lemon pepper, dried basil and poultry seasoning. Rub olive oil all over the hens and season each with the salt mixture.

Place the hens on a baking sheet pan with plenty of space between them. You may need to use 2 pans. Loosely stuff the cavities of each hen with some green bell pepper, celery and onion. Roast the hens in the preheated oven for about 1 hour or until an instant-read thermometer inserted into the thickest part of the thigh registers 165 degrees F and the juices run clear.

Remove the hens from the oven, loosely tent with foil and let rest 10 minutes before carving or serving.

## Nutrition Facts



## Properties

Glycemic Index:16.83, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:31.481304147969%

## Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin:

1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg, Quercetin: 5.73mg

## **Nutrients (% of daily need)**

Calories: 967.21kcal (48.36%), Fat: 67.99g (104.61%), Saturated Fat: 18.25g (114.03%), Carbohydrates: 6.03g (2.01%), Net Carbohydrates: 4.1g (1.49%), Sugar: 1.94g (2.15%), Cholesterol: 454.5mg (151.5%), Sodium: 1450.91mg (63.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 78.2g (156.4%), Vitamin B3: 25.82mg (129.08%), Selenium: 53.45µg (76.35%), Vitamin B6: 1.45mg (72.61%), Phosphorus: 652.04mg (65.2%), Vitamin B2: 0.8mg (47.05%), Vitamin K: 39.71µg (37.82%), Zinc: 5.37mg (35.77%), Potassium: 1229.96mg (35.14%), Vitamin C: 26.57mg (32.21%), Vitamin B5: 2.86mg (28.65%), Iron: 4.75mg (26.37%), Manganese: 0.52mg (26.02%), Vitamin B12: 1.49µg (24.75%), Magnesium: 97.38mg (24.35%), Vitamin B1: 0.36mg (24.19%), Copper: 0.3mg (15%), Vitamin E: 2.18mg (14.5%), Vitamin A: 680.95IU (13.62%), Calcium: 94.52mg (9.45%), Fiber: 1.94g (7.74%), Folate: 29.11µg (7.28%)