



Roasted Cornish Hens



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



1174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 pound cornish game hens
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 garlic cloves crushed halved
- ☐ 0.3 teaspoon sea salt
- ☐ 4 thyme sprigs

Equipment

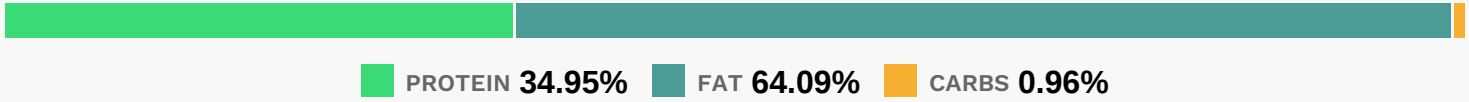
- ☐ oven

- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350
- ☐ Remove and discard the giblets and necks from hens. Rinse hens with cold water; pat dry.
- ☐ Starting at neck cavity, loosen skin from breast by inserting fingers, gently pushing between skin and meat.
- ☐ Combine salt and pepper; rub under loosened skin. Insert 2 thyme sprigs and 2 garlic halves under loosened skin of each hen. Lift wing tips up and over backs; tuck under hens.
- ☐ Place the hens, breast sides up, in an 11 x 7-inch baking dish.
- ☐ Pour white wine over hens.
- ☐ Bake at 350 for 55 minutes or until a thermometer registers 180, basting occasionally with wine.
- ☐ Let stand for 5 minutes. Discard skin.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:32.367391311604%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1173.9kcal (58.69%), Fat: 79.55g (122.38%), Saturated Fat: 22.07g (137.95%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.42g (0.46%), Cholesterol: 572.66mg (190.89%), Sodium:

639.29mg (27.8%), Alcohol: 4.12g (100%), Alcohol %: 0.85% (100%), Protein: 97.59g (195.19%), Vitamin B3: 32.28mg (161.4%), Selenium: 67.38µg (96.26%), Vitamin B6: 1.74mg (86.88%), Phosphorus: 808.09mg (80.81%), Vitamin B2: 0.98mg (57.83%), Zinc: 6.64mg (44.29%), Potassium: 1394.09mg (39.83%), Vitamin B5: 3.5mg (35.01%), Vitamin B12: 1.87µg (31.18%), Vitamin B1: 0.42mg (28.21%), Magnesium: 110.44mg (27.61%), Iron: 4.96mg (27.54%), Copper: 0.3mg (15.15%), Vitamin A: 709.01IU (14.18%), Vitamin K: 14.23µg (13.55%), Manganese: 0.25mg (12.73%), Vitamin E: 1.59mg (10.62%), Vitamin C: 6.97mg (8.45%), Calcium: 80.79mg (8.08%), Folate: 18.44µg (4.61%), Fiber: 0.41g (1.63%)