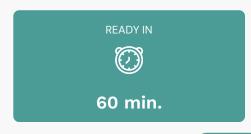


Roasted Cornish Hens with Black-Olive Butter

Gluten Free







LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

1 teaspoon salt

O.5 teaspoon pepper black
1 tablespoon capers in brine drained ()
5 lb cornish game hens frozen halved lengthwise (not)
0.3 cup wine dry white
2 garlic clove
1 tablespoon olives black pitted coarsely chopped
1 tablespoon olive oil

	2 tablespoons shallots coarsely chopped	
	0.5 cup butter unsalted softened	
Equipment		
	food processor	
	bowl	
	frying pan	
	oven	
	plastic wrap	
	baking pan	
	wooden spoon	
Dir	ections	
	Put oven rack in upper third of oven and preheat oven to 500°F.	
	With motor of a food processor running, drop garlic cloves into processor to finely chop.	
	Add shallot and pulse until finely chopped.	
_	Heat 1 tablespoon butter in a small skillet over moderate heat until foam subsides, then add garlic mixture (do not wash bowl of food processor), pepper, and 1/4 teaspoon salt and cook, stirring occasionally, until garlic begins to turn golden, 3 to minutes. Return garlic mixture to food processor and add olives and capers. Pulse until olives and capers are finely chopped.	
	Add 5 tablespoons butter and pulse until smooth.	
	Brush baking pan with oil (1 tablespoon).	
	Working with 1 hen half at a time, slide your index finger under skin on each breast and around legs, including drumsticks, being careful not to tear skin.	
	Place 1 tablespoon olive butter under skin on each half hen, then massage skin over thigh, drumstick, and breast to distribute butter.	
	Arrange hen halves, skin sides up, in baking pan. Melt remaining 2 tablespoons butter in small skillet, then brush evenly over skin of hens.	
	Sprinkle hens evenly with remaining 3/4 teaspoon salt.	
	Roast hens until golden and just cooked through, about 30 minutes.	

Nutrition Facts
·Olive butter can be made 1 day ahead and chilled, covered. Bring to room temperature before using.· Hens can be stuffed with olive butter 4 hours ahead and chilled, covered with plastic wrap, in baking pan.
Serve hens with sauce.
Transfer pan sauce to a small serving bowl and skim fat with a spoon.
minutes.
by simmering over low heat, stirring and scraping up brown bits with a wooden spoon, 2
Transfer hens to a platter, then straddle baking pan over 2 burners and add wine. Deglaze pan

PROTEIN 28.84% FAT 70.55% CARBS 0.61%

Properties

Glycemic Index:13.38, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:17.907391428947%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Naringenin: 0.03mg, Naringeni

Nutrients (% of daily need)

Calories: 695.25kcal (34.76%), Fat: 53.18g (81.81%), Saturated Fat: 18.58g (116.14%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.3g (0.33%), Cholesterol: 316.83mg (105.61%), Sodium: 509.33mg (22.14%), Alcohol: 0.77g (100%), Alcohol %: 0.31% (100%), Protein: 48.9g (97.8%), Vitamin B3: 16.12mg (80.61%), Selenium: 33.77µg (48.24%), Vitamin B6: 0.86mg (42.97%), Phosphorus: 404.63mg (40.46%), Vitamin B2: 0.49mg (28.88%), Zinc: 3.31mg (22.04%), Potassium: 691.7mg (19.76%), Vitamin B5: 1.76mg (17.59%), Vitamin B1: 0.96µg (15.99%), Vitamin B1: 0.21mg (14.1%), Magnesium: 53.44mg (13.36%), Vitamin A: 666.88IU (13.34%), Iron: 2.32mg (12.91%), Vitamin E: 1.42mg (9.5%), Vitamin K: 9.38µg (8.93%), Copper: 0.15mg (7.64%), Manganese: 0.09mg (4.6%), Calcium: 39.22mg (3.92%), Folate: 10.16µg (2.54%), Vitamin C: 1.89mg (2.3%), Vitamin D: 0.21µg (1.42%)