



Roasted Cornish Hens with Black-Olive Butter

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 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
- 1 teaspoon salt

2 tablespoons shallots coarsely chopped

0.5 cup butter unsalted softened

Equipment

food processor

bowl

frying pan

oven

plastic wrap

baking pan

wooden spoon

Directions

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.

- Transfer hens to a platter, then straddle baking pan over 2 burners and add wine. Deglaze pan by simmering over low heat, stirring and scraping up brown bits with a wooden spoon, 2 minutes.
- Transfer pan sauce to a small serving bowl and skim fat with a spoon.
- Serve hens with sauce.
- 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.

Nutrition Facts

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 Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

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 B12: 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%)