



Roasted Cornish Hens with Cherry-Port Glaze



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cherry preserves
- ☐ 3 pound cornish game hens
- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.5 cup port
- ☐ 0.8 teaspoon salt divided

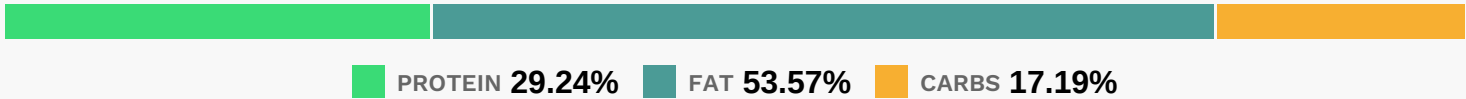
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 40
- ☐ Place a wire rack on a baking sheet; coat rack with cooking spray.
- ☐ Combine preserves, port, ginger, vinegar, and 1/4 teaspoon salt in a small saucepan. Bring to a boil; cook 9 minutes or until slightly thickened, stirring occasionally.
- ☐ Remove and discard giblets and necks from hens. Rinse hens with cold water; pat dry.
- ☐ Remove skin; trim excess fat. Working with 1 hen at a time, tie ends of legs together with twine. Lift wing tips up and over back; tuck under hen.
- ☐ Sprinkle evenly with 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Set on wire rack on baking sheet.
- ☐ Bake at 400 for 15 minutes.
- ☐ Brush hens with cherry mixture; bake 40 minutes or until a thermometer inserted in the meaty part of thigh registers 165, brushing with cherry mixture every 10 minutes.
- ☐ Remove from oven.
- ☐ Let stand 5 minutes.
- ☐ Remove twine; split hens in half lengthwise.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:16.25, Inflammation Score:-4, Nutrition Score:21.371739045433%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 851.77kcal (42.59%), Fat: 47.74g (73.45%), Saturated Fat: 13.24g (82.77%), Carbohydrates: 34.46g (11.49%), Net Carbohydrates: 33.93g (12.34%), Sugar: 23.58g (26.19%), Cholesterol: 343.6mg (114.53%), Sodium: 661.02mg (28.74%), Alcohol: 4.59g (100%), Alcohol %: 1.39% (100%), Protein: 58.63g (117.25%), Vitamin B3: 19.4mg (97%), Selenium: 41.16µg (58.8%), Vitamin B6: 1.02mg (50.76%), Phosphorus: 488.6mg (48.86%), Vitamin B2: 0.62mg (36.29%), Zinc: 3.97mg (26.47%), Potassium: 876.68mg (25.05%), Vitamin B5: 2.1mg (20.95%), Vitamin B12: 1.12µg (18.71%), Vitamin B1: 0.26mg (17.41%), Magnesium: 67.09mg (16.77%), Iron: 2.99mg (16.61%), Copper: 0.23mg (11.48%), Vitamin K: 8.37µg (7.97%), Vitamin A: 368.09IU (7.36%), Vitamin E: 1.01mg (6.73%), Vitamin C: 5.53mg (6.7%), Manganese: 0.13mg (6.67%), Calcium: 50.51mg (5.05%), Folate: 15.09µg (3.77%), Fiber: 0.53g (2.14%)