



WHATSheATE



HEALTH SCORE

53%

Roasted Game Hens with Caramelized Root Vegetables and Dried-Currant Sauce



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 tablespoons butter



2 large carrots peeled cut into 1/3-inch cubes (2 cups)



2.5 cups celery diced (4 stalks)



14.5 ounce honey whole peeled halved



5.3 pound cornish game hens frozen dry thawed rinsed



0.3 cup currants dried



0.3 cup thyme sprigs fresh chopped

- ☐ 4 garlic clove minced
- ☐ 1 tablespoon juniper berries with pestle crushed
- ☐ 1.5 cups chicken broth
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2.5 cups onion coarsely chopped
- ☐ 1.5 tablespoons orange zest finely grated
- ☐ 2 large parsnips peeled cut into 1/3-inch cubes (1 1/2 cups)
- ☐ 2 medium rutabaga peeled cut into 1/3-inch cubes (3 cups)
- ☐ 0.3 cup shallots chopped
- ☐ 2 medium turnip peeled cut into 1/3-inch cubes (2 1/2 cups)

Equipment

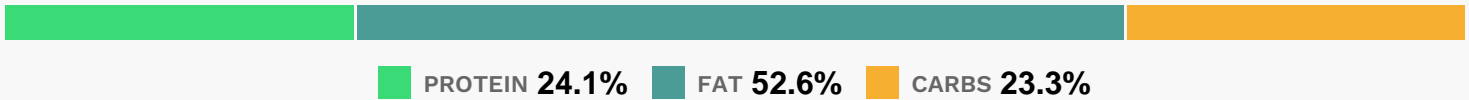
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Melt butter with oil in very large pot over medium-high heat.
- ☐ Add onion; sauté 5 minutes.
- ☐ Add rutabagas and next 4 ingredients; sauté until vegetables are caramelized and tender, stirring often, about 30 minutes. Stir in chestnuts, garlic, and thyme; sauté 5 minutes. Season generously with salt and pepper. Do ahead Can be made 1 day ahead. Cover and chill. Rewarm over medium heat, stirring frequently, until heated through before serving.
- ☐ Mix 1/4 cup thyme, shallots, oil, orange peel, garlic, and crushed juniper berries in small bowl for marinade. Rub marinade all over hens.

- ☐ Place hens in large roasting pan; cover and refrigerate at least 6 hours or overnight.
- ☐ Preheat oven to 325°F.
- ☐ Pour 1 1/2 cups broth into roasting pan with hens.
- ☐ Sprinkle hens with salt and pepper. Cover pan tightly with foil. Roast until hens are cooked through and juices run clear when thighs are pierced with fork, about 1 hour 15 minutes.
- ☐ Remove from oven. Preheat broiler.
- ☐ Pour pan juices from hens into small saucepan; add dried currants and remaining 1 tablespoon thyme. Boil until liquid is reduced to 1 cup, about 5 minutes (sauce will be thin). Season sauce to taste with salt and pepper.
- ☐ Meanwhile, broil hens until lightly browned, watching closely to avoid burning, about 4 minutes.
- ☐ Place 1 hen half on each plate. Divide caramelized vegetables among plates. Spoon sauce over hens and serve.

Nutrition Facts



Properties

Glycemic Index:89.47, Glycemic Load:31.18, Inflammation Score:-10, Nutrition Score:49.299565273782%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Apigenin: 6.21mg, Apigenin: 6.21mg, Apigenin: 6.21mg, Apigenin: 6.21mg Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg, Luteolin: 1.34mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg Quercetin: 14.36mg, Quercetin: 14.36mg, Quercetin: 14.36mg, Quercetin: 14.36mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1245.53kcal (62.28%), Fat: 72.6g (111.69%), Saturated Fat: 20.68g (129.26%), Carbohydrates: 72.35g (24.12%), Net Carbohydrates: 62.6g (22.76%), Sugar: 18.91g (21.01%), Cholesterol: 415.91mg (138.64%), Sodium: 411.43mg (17.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.85g (149.7%), Vitamin B3: 26.14mg (130.71%), Vitamin C: 93.41mg (113.22%), Vitamin A: 4924.02IU (98.48%), Vitamin B6: 1.86mg (92.99%), Phosphorus: 771.97mg (77.2%), Selenium: 50µg (71.43%), Potassium: 2370.34mg (67.72%), Manganese: 1.09mg (54.62%), Vitamin B2: 0.87mg (51.41%), Vitamin B1: 0.64mg (42.99%), Vitamin K: 43.56µg (41.49%), Zinc: 6.04mg (40.25%), Magnesium: 160.15mg (40.04%), Folate: 157.27µg (39.32%), Fiber: 9.74g (38.98%), Copper: 0.74mg (37.23%),

Vitamin B5: 3.66mg (36.57%), Iron: 5.81mg (32.27%), Vitamin E: 4.04mg (26.93%), Vitamin B12: 1.38µg (23.01%),
Calcium: 209.57mg (20.96%)