



Roasted Garlic-Rosemary Cornish Game Hens

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 7.5 pound cornish game hens
- 2 tablespoons rosemary fresh finely chopped
- 0.3 cup garlic cloves thinly sliced
- 6 rosemary sprigs
- 1 teaspoon salt

Equipment

- bowl

- oven
- broiler pan

Directions

- Preheat oven to 35
- Mix garlic and chopped rosemary together in a small bowl.
- Rinse each hen under cold water; pat dry. Starting at neck cavity, loosen skin from breast by gently inserting fingers between skin and meat.
- Place about 2 teaspoons of garlic mixture under skin and spread evenly over breast meat.
- Place 1 rosemary sprig in body cavity.
- Sprinkle hens with salt and pepper.
- Tie ends of legs together with cord. Lift wing tips out and tuck under hen.
- Place hens on a broiler pan coated with cooking spray; bake for 1 hour or until juices run clear.
- Remove skin and cord before serving; split hens in half lengthwise.

Nutrition Facts

PROTEIN 35.01% **FAT 64.2%** **CARBS 0.79%**

Properties

Glycemic Index:11, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:17.257391105527%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 572.02kcal (28.6%), Fat: 39.79g (61.22%), Saturated Fat: 11.04g (69.03%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.03g (0.03%), Cholesterol: 286.33mg (95.44%), Sodium: 367.33mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.82g (97.64%), Vitamin B3: 16.11mg (80.56%), Selenium: 33.86µg (48.37%), Vitamin B6: 0.87mg (43.68%), Phosphorus: 401.61mg (40.16%), Vitamin B2: 0.49mg (28.58%), Zinc: 3.3mg (22%), Potassium: 684.26mg (19.55%), Vitamin B5: 1.75mg (17.47%), Vitamin B12: 0.94µg (15.59%), Vitamin B1: 0.21mg (14.21%), Magnesium: 52.3mg (13.07%), Iron: 2.31mg (12.81%), Copper: 0.15mg (7.5%),

Vitamin K: 6.99µg (6.66%), Vitamin A: 318.2IU (6.36%), Manganese: 0.11mg (5.4%), Vitamin E: 0.8mg (5.31%), Calcium: 38.5mg (3.85%), Vitamin C: 2.4mg (2.91%), Folate: 9.12µg (2.28%)