

food
network



HEALTH SCORE

56%

Roasted Guinea Hen with Lemon-Thyme Pan Sauce and Brussels Sprouts with Serrano Ham



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



1180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound brussels sprouts trimmed
- ☐ 4 cups chicken stock see homemade
- ☐ 1 cup cooking wine dry white
- ☐ 8 sprigs thyme leaves fresh
- ☐ 4 pound guinea hen dry with cold water and patted rinsed well
- ☐ 1 optional: lemon peeled
- ☐ 1 cup juice of lemon fresh

- ☐ 1 lemon zest finely grated coarsely chopped
- ☐ 0.5 olive oil
- ☐ 4 tablespoons olive oil
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.5 pound serrano ham cut into 1/2-inch dice
- ☐ 2 shallots diced coarsely chopped finely

Equipment

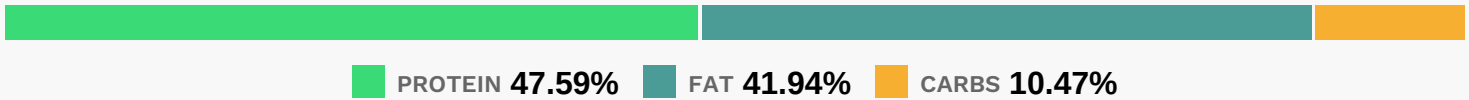
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ stove
- ☐ slotted spoon

Directions

- ☐ Combine lemon juice, rind, shallot, 1/2 cup olive oil, and thyme in a large baking dish.
- ☐ Add hens and rub with the marinade, inside and out. Cover and marinate in the refrigerator for at least 1 hour, or up to
- ☐ Remove from marinade, wipe any excess marinade off, and season with salt and pepper. Preheat oven to 375 degrees F.
- ☐ Heat 2 tablespoons of the oil in 2 separate saute pans over medium-high heat. Sear the hens in separate pans until golden brown on all sides.
- ☐ Transfer the hens to a large roasting pan and roast in the oven for 45 to 50 minutes or until cooked through.
- ☐ Remove the hens to a platter and let rest.
- ☐ Place the roasting pan over 2 burners on top of the stove set at medium-high heat. Degrease the pan leaving only 2 tablespoons of the drippings.
- ☐ Add the minced shallots to the roasting pan and cook until lightly golden brown.

- ☐ Add the wine and cook until reduced.
- ☐ Add the stock, lemon segments, and finely grated zest and cook until reduced by half.
- ☐ Add the 1 tablespoon thyme and season with salt and pepper, to taste.
- ☐ Serve with Roasted Brussels Sprouts with Serrano Ham.
- ☐ Preheat oven to 400 degrees F.
- ☐ Heat 1 tablespoon of oil in a medium saute pan over medium-high heat.
- ☐ Add the ham and cook until golden brown and crisp.
- ☐ Remove with a slotted spoon to a plate lined with paper towels. Toss the Brussels sprouts with the remaining oil and place in a medium roasting pan and season with salt and pepper, to taste. Roast until just cooked through, about 20 minutes.
- ☐ Add the ham and stir to combine.

Nutrition Facts



Properties

Glycemic Index:36.88, Glycemic Load:3.16, Inflammation Score:-10, Nutrition Score:47.194782671721%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 8.74mg, Eriodictyol: 8.74mg, Eriodictyol: 8.74mg, Eriodictyol: 8.74mg Hesperetin: 16.6mg, Hesperetin: 16.6mg, Hesperetin: 16.6mg, Hesperetin: 16.6mg Naringenin: 4.95mg, Naringenin: 4.95mg, Naringenin: 4.95mg, Naringenin: 4.95mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg, Luteolin: 1.81mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 1180.21kcal (59.01%), Fat: 52.95g (81.46%), Saturated Fat: 11.89g (74.29%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 23.65g (8.6%), Sugar: 10.12g (11.25%), Cholesterol: 373.25mg (124.42%), Sodium: 1989.02mg (86.48%), Alcohol: 6.18g (100%), Alcohol %: 0.75% (100%), Protein: 135.16g (270.33%), Vitamin K: 210.04µg (200.04%), Vitamin B3: 39.63mg (198.14%), Vitamin C: 146.82mg (177.96%), Selenium: 81.42µg (116.31%), Vitamin B6: 2.25mg (112.54%), Phosphorus: 866.84mg (86.68%), Potassium: 1767.75mg (50.51%), Vitamin B2: 0.81mg (47.38%), Vitamin B5: 4.54mg (45.45%), Iron: 7.55mg (41.93%), Zinc: 6.15mg (40.98%), Magnesium: 153.35mg (38.34%),

Vitamin B1: 0.55mg (36.47%), Folate: 124.97µg (31.24%), Manganese: 0.62mg (31.04%), Vitamin A: 1385.4IU (27.71%),
Vitamin B12: 1.54µg (25.7%), Fiber: 6.09g (24.35%), Copper: 0.45mg (22.49%), Vitamin E: 3.24mg (21.63%), Calcium:
135.8mg (13.58%)