



Roasted Hens with Red Cabbage-Apple Compote

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings apple chips crispy
- ☐ 4 servings cabbage-apple compote red
- ☐ 0.3 cup apple juice
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper black
- ☐ 2.5 pound cornish game hens
- ☐ 0.5 cup less-sodium chicken broth fat-free

- ☐ 0.3 teaspoon rosemary fresh minced
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon butter
- ☐ 4 rosemary sprigs fresh
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon shallots minced
- ☐ 1 tablespoon vegetable oil

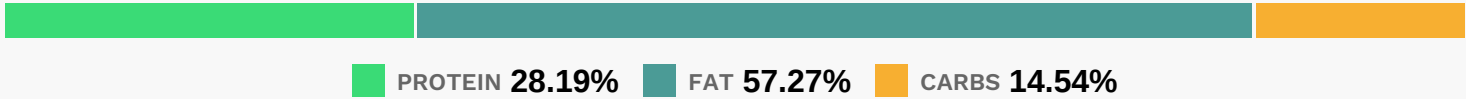
Equipment

- ☐ frying pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Remove and discard giblets and necks from hens. Rinse hens with cold water; pat dry.
- ☐ Remove skin; trim excess fat. Split hens in half lengthwise.
- ☐ Sprinkle hens with salt and pepper.
- ☐ Heat the oil in a large ovenproof Dutch oven over medium-high heat.
- ☐ Add hens; cook 3 minutes on each side or until browned.
- ☐ Remove from heat.
- ☐ Brush hens with honey. Tuck rosemary sprigs under hen legs.
- ☐ Bake at 350 for 25 minutes or until juices run clear.
- ☐ Remove hens from pan; keep warm.
- ☐ Place the pan over high heat. Stir in the vinegar, scraping pan to loosen browned bits.
- ☐ Add broth and juice. Bring to a boil; cook until reduced to 1/2 cup (about 5 minutes).
- ☐ Remove from heat. Stir in shallots, margarine, and minced rosemary. Spoon 2 tablespoons sauce onto each of 4 plates; top with 1 cup Red Cabbage-Apple Compote and 1 hen half.
- ☐ Garnish with Crispy Apple Chips, if desired.

Nutrition Facts



Properties

Glycemic Index:67.26, Glycemic Load:8.31, Inflammation Score:-5, Nutrition Score:19.883478330529%

Flavonoids

Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg, Cyanidin: 1.97mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg, Epicatechin: 10.14mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 705.57kcal (35.28%), Fat: 44.5g (68.46%), Saturated Fat: 11.82g (73.9%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 22.13g (8.05%), Sugar: 20.24g (22.49%), Cholesterol: 286.33mg (95.44%), Sodium: 450.61mg (19.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.28g (98.56%), Vitamin B3: 16.39mg (81.97%), Selenium: 34.17µg (48.81%), Vitamin B6: 0.91mg (45.39%), Phosphorus: 419.13mg (41.91%), Vitamin B2: 0.53mg (31.04%), Potassium: 855.11mg (24.43%), Zinc: 3.36mg (22.38%), Vitamin B5: 1.87mg (18.65%), Vitamin B12: 0.99µg (16.56%), Vitamin B1: 0.24mg (15.7%), Magnesium: 60.99mg (15.25%), Vitamin K: 15.93µg (15.17%), Iron: 2.6mg (14.47%), Fiber: 3.28g (13.12%), Copper: 0.19mg (9.5%), Vitamin C: 7.76mg (9.4%), Vitamin A: 448.41IU (8.97%), Vitamin E: 1.34mg (8.93%), Manganese: 0.14mg (7.18%), Calcium: 48.39mg (4.84%), Folate: 14.61µg (3.65%)