



## Roasted Orange-Herb Game Hen

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



802 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.5 tablespoons butter room temperature
- ☐ 1.5 pounds cornish game hens halved lengthwise
- ☐ 2 tablespoons sherry dry
- ☐ 2 tablespoons herbs: rosemary mixed fresh chopped (such as thyme, parsley, and mint)
- ☐ 0.5 cup chicken broth
- ☐ 2 slices orange sections thin
- ☐ 0.3 cup orange juice
- ☐ 2 teaspoons orange zest grated

☐ 2 tablespoons shallots   minced

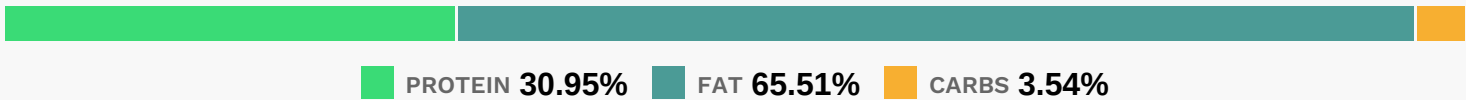
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 450°F.
- ☐ Mix first 3 ingredients in small bowl. Slide fingertips under skin of hen halves to loosen.
- ☐ Spread 1/4 of herb mixture under skin of each hen half. Rub skin with butter; sprinkle with salt and pepper.
- ☐ Place hen halves in shallow roasting pan.
- ☐ Roast hen halves until golden and cooked through, adding broth after 10 minutes and basting twice throughout cooking time, about 30 minutes.
- ☐ Transfer hen halves to platter.
- ☐ Place roasting pan directly atop burner over medium heat.
- ☐ Add juice, Sherry, and remaining herb mixture; boil until reduced, scraping up browned bits, about 2 minutes. Season with salt and pepper. Spoon sauce over hen halves, garnish with orange slices, and serve.

Nutrition Facts



Properties

Glycemic Index:110.75, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:26.8817389737%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg

0.87mg, Naringenin: 0.87mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 802.41kcal (40.12%), Fat: 56.67g (87.19%), Saturated Fat: 18.75g (117.2%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.13g (2.23%), Sugar: 3.75g (4.16%), Cholesterol: 366.17mg (122.06%), Sodium: 297.29mg (12.93%), Alcohol: 1.54g (100%), Alcohol %: 0.41% (100%), Protein: 60.25g (120.5%), Vitamin B3: 20.35mg (101.76%), Vitamin K: 74.67µg (71.11%), Selenium: 40.44µg (57.78%), Vitamin B6: 1.07mg (53.6%), Phosphorus: 513.34mg (51.33%), Vitamin B2: 0.62mg (36.43%), Vitamin C: 26.57mg (32.21%), Potassium: 990.38mg (28.3%), Zinc: 4.1mg (27.35%), Vitamin B5: 2.21mg (22.06%), Vitamin A: 1039.81IU (20.8%), Vitamin B12: 1.2µg (19.99%), Vitamin B1: 0.29mg (19.35%), Iron: 3.27mg (18.15%), Magnesium: 71.58mg (17.9%), Copper: 0.23mg (11.4%), Vitamin E: 1.25mg (8.33%), Folate: 30.35µg (7.59%), Calcium: 59.9mg (5.99%), Manganese: 0.11mg (5.61%), Fiber: 0.75g (3%)