



Rock Cornish Hens With Oyster Cornbread Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups unseasoned bread cubes (soft cut into 1-inch cubes)
- 1 cup butter (melted)
- 1 cup celery (chopped)
- 2 cups chicken broth
- 6 cups cornbread crumbs
- 1 pound cornish game hens
- 2 eggs (beaten)

- 1.5 cups onion chopped
- 12 ounce select oysters fresh drained well
- 0.8 teaspoon pepper
- 1 teaspoon poultry seasoning
- 2 teaspoons salt
- 12 servings salt and pepper

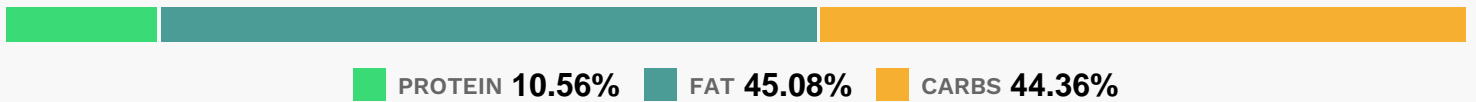
Equipment

- oven
- roasting pan

Directions

- Remove giblets from hens; reserve for other uses. Rinse hens with cold water, and pat dry; sprinkle salt and pepper over surfaces and inside cavities.
- Combine next 9 ingredients, stirring well.
- Cut oysters into quarters; add to breadcrumb mixture. Stir until well combined. Stuff hens lightly with oyster mixture. Close cavities, and secure with wooden picks; truss.
- Place hens, breast side up, in a shallow roasting pan.
- Brush hens with butter, reserving any remaining butter for basting.
- Bake at 350 for 1 hour and 20 minutes, basting frequently.

Nutrition Facts



Properties

Glycemic Index:12.47, Glycemic Load:4.04, Inflammation Score:-7, Nutrition Score:17.106956616692%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 664.63kcal (33.23%), Fat: 33.37g (51.34%), Saturated Fat: 9.41g (58.79%), Carbohydrates: 73.9g (24.63%), Net Carbohydrates: 70.09g (25.49%), Sugar: 20.91g (23.23%), Cholesterol: 134.8mg (44.93%), Sodium: 1723.35mg (74.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.59g (35.18%), Phosphorus: 565mg (56.5%), Selenium: 21.9µg (31.29%), Vitamin B3: 5.47mg (27.36%), Manganese: 0.53mg (26.37%), Vitamin B2: 0.38mg (22.56%), Vitamin B1: 0.34mg (22.33%), Folate: 89.01µg (22.25%), Calcium: 204.92mg (20.49%), Vitamin A: 999.01IU (19.98%), Iron: 3.41mg (18.94%), Zinc: 2.66mg (17.75%), Fiber: 3.81g (15.22%), Vitamin B6: 0.28mg (13.77%), Vitamin B12: 0.74µg (12.28%), Vitamin B5: 1.22mg (12.16%), Copper: 0.23mg (11.6%), Potassium: 349.82mg (9.99%), Vitamin E: 1.47mg (9.79%), Magnesium: 38.53mg (9.63%), Vitamin K: 10.11µg (9.63%), Vitamin C: 2.13mg (2.59%)