



Rock Cornish Hens With Sausage Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds bulk pork sausage hot
- 1 cup butter melted
- 0.3 cup chablis wine dry white
- 1 pound cornish game hens
- 2 eggs beaten
- 0.5 cup parsley fresh chopped
- 3 cups green onion with tops chopped
- 0.5 teaspoon pepper

- 0.5 teaspoon salt
- 12 servings salt
- 8 slices bread whole wheat cut into 1-inch cubes

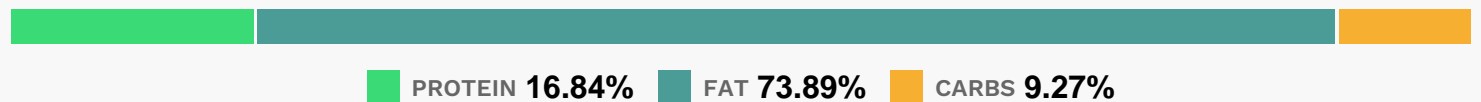
Equipment

- frying pan
- oven
- mixing bowl
- roasting pan

Directions

- Combine sausage and onion in a large skillet; cook until sausage is browned and onion is tender.
- Drain well.
- Combine next 6 ingredients in a large mixing bowl; add sausage mixture to stuffing mixture, stirring until well combined.
- Remove giblets from hens; reserve for other uses. Rinse hens with cold water, and pat dry.
- Sprinkle with salt. Stuff hens lightly with stuffing mixture. Close cavities, and secure with wooden picks; truss.
- Brush hens with melted butter, and place breast side up in a shallow roasting pan.
- Bake at 350 for 1 1/4 to 1 1/2 hours, depending on size of hens; baste often with melted butter.
- Garnish with lemon slices and parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:17.39, Glycemic Load:5.26, Inflammation Score:-7, Nutrition Score:16.342173949532%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 455.08kcal (22.75%), Fat: 37g (56.92%), Saturated Fat: 10g (62.47%), Carbohydrates: 10.44g (3.48%), Net Carbohydrates: 8.57g (3.12%), Sugar: 1.5g (1.67%), Cholesterol: 106.28mg (35.43%), Sodium: 952.81mg (41.43%), Alcohol: 0.51g (100%), Alcohol %: 0.38% (100%), Protein: 18.97g (37.95%), Vitamin K: 95.52µg (90.97%), Vitamin B3: 5.82mg (29.09%), Vitamin A: 1260.46IU (25.21%), Manganese: 0.47mg (23.53%), Phosphorus: 199.64mg (19.96%), Vitamin B1: 0.28mg (18.5%), Vitamin B6: 0.36mg (17.99%), Selenium: 11.69µg (16.7%), Zinc: 2.22mg (14.8%), Vitamin B2: 0.23mg (13.43%), Iron: 2.08mg (11.55%), Vitamin B12: 0.69µg (11.51%), Potassium: 382.12mg (10.92%), Vitamin C: 8.65mg (10.48%), Magnesium: 37.46mg (9.37%), Vitamin B5: 0.9mg (8.99%), Folate: 33.04µg (8.26%), Vitamin E: 1.13mg (7.57%), Fiber: 1.87g (7.49%), Calcium: 71.92mg (7.19%), Copper: 0.13mg (6.47%), Vitamin D: 0.88µg (5.89%)