



Rosemary-Scented Cornish Hens with Red Wine Reduction



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3.8 pound cornish game hens
- ☐ 0.5 cup cooking wine dry red
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 teaspoons rosemary fresh minced
- ☐ 5 garlic cloves divided minced
- ☐ 2 teaspoons honey

- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 3 tablespoons mustard stone-ground

Equipment

- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ broiler pan

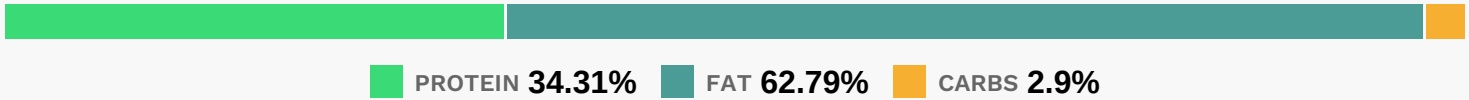
Directions

- ☐ Remove and discard giblets and necks from hens; trim excess fat. Split hens in half lengthwise. Starting at neck cavity, loosen skin from hens by inserting fingers, gently pushing between skin and meat.
- ☐ Combine mustard, rosemary, salt, pepper, and 3 garlic cloves to form a paste; rub mustard mixture under loosened skin.
- ☐ Place hen halves, meaty sides up, on a broiler pan coated with cooking spray. Chill 30 minutes.
- ☐ Preheat oven to 425
- ☐ Bake hens at 425 for 30 minutes or until a thermometer registers 165
- ☐ Place hens on a platter; keep warm.
- ☐ Place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour drippings from pan into bag; let stand 10 minutes (fat will rise to the top). Seal bag; snip off 1 bottom corner of bag.
- ☐ Drain drippings into a nonstick skillet, stopping before fat layer reaches opening; discard fat.
- ☐ Add wine to drippings in pan; bring to a boil over medium-high heat. Cook until reduced to 1/4 cup (about 3 minutes). Stir in broth, juice, honey, and 2 garlic cloves; cook until reduced to 1/4 cup (about 2 minutes).
- ☐ Remove from heat.

- ☐
- Remove skin from hens; discard.

☐☐

Nutrition Facts



Properties

Glycemic Index:24.38, Glycemic Load:1.28, Inflammation Score:-4, Nutrition Score:18.056956436323%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 601.3kcal (30.07%), Fat: 40.06g (61.64%), Saturated Fat: 11.05g (69.09%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.71g (1.35%), Sugar: 2.2g (2.45%), Cholesterol: 286.33mg (95.44%), Sodium: 624.1mg (27.13%), Alcohol: 2.1g (100%), Alcohol %: 0.78% (100%), Protein: 49.26g (98.51%), Vitamin B3: 16.26mg (81.32%), Selenium: 36.81µg (52.58%), Vitamin B6: 0.88mg (43.93%), Phosphorus: 411.68mg (41.17%), Vitamin B2: 0.5mg (29.15%), Zinc: 3.35mg (22.34%), Potassium: 704.86mg (20.14%), Vitamin B5: 1.8mg (17.97%), Vitamin B12: 0.97µg (16.22%), Vitamin B1: 0.23mg (15.26%), Magnesium: 56.11mg (14.03%), Iron: 2.43mg (13.52%), Copper: 0.16mg (7.99%), Manganese: 0.15mg (7.27%), Vitamin K: 7.23µg (6.89%), Vitamin A: 313.91IU (6.28%), Vitamin E: 0.83mg (5.54%), Vitamin C: 4.18mg (5.07%), Calcium: 42.66mg (4.27%), Folate: 10.41µg (2.6%), Fiber: 0.44g (1.77%)