



Salt-Crusted Herbed Cornish Hen

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1.5 pound cornish game hens
- 2 teaspoons thyme sprigs fresh chopped
- 1 garlic clove minced
- 3 pound kosher salt
- 1 tablespoon juice of lemon fresh
- 1 teaspoon olive oil
- 2 teaspoons oregano fresh chopped

1 cup water

Equipment

frying pan

oven

kitchen thermometer

aluminum foil

Directions

Preheat oven to 37

Remove and discard giblets and neck from hen. Split hen in half lengthwise. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.

Combine juice, oregano, thyme, oil, pepper, and garlic; rub herb mixture under loosened skin and rub over breast and drumsticks.

Line a jelly-roll pan with foil; coat foil with cooking spray.

Combine 1 cup water and salt. For each hen half, pat 1 cup salt mixture into a 1/2-inch-thick oval shape on pan. Coat each salt oval with cooking spray; top each with 1 hen half, breast side up. Lightly coat hen halves with cooking spray; pack remaining 3 1/2 cups salt mixture evenly over hen halves.

Bake at 375 for 35 minutes or until a thermometer registers 16

Tap salt to loosen; discard salt mixture. Discard skin.

Nutrition Facts

 **PROTEIN 33.79%** **FAT 64.47%** **CARBS 1.74%**

Properties

Glycemic Index:56, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:26.710434519726%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg,

Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 709.9kcal (35.5%), Fat: 49.85g (76.69%), Saturated Fat: 13.56g (84.74%), Carbohydrates: 3.04g (1.01%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.29g (0.32%), Cholesterol: 343.6mg (114.53%), Sodium: 263919.5mg (11474.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.78g (117.56%), Vitamin B3: 19.46mg (97.28%), Selenium: 41.15µg (58.78%), Vitamin B6: 1.05mg (52.71%), Phosphorus: 484.64mg (48.46%), Manganese: 0.93mg (46.34%), Vitamin B2: 0.6mg (35.38%), Iron: 6.05mg (33.62%), Zinc: 4.72mg (31.46%), Potassium: 911.75mg (26.05%), Calcium: 248.6mg (24.86%), Vitamin B5: 2.12mg (21.21%), Vitamin K: 22.24µg (21.18%), Copper: 0.42mg (21.13%), Magnesium: 79.07mg (19.77%), Vitamin B12: 1.12µg (18.71%), Vitamin B1: 0.26mg (17.19%), Vitamin E: 1.62mg (10.81%), Vitamin C: 8.32mg (10.08%), Vitamin A: 498.4IU (9.97%), Fiber: 1.25g (4.99%), Folate: 17.43µg (4.36%)