



Slow Cooker Cornish Hens



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



2

CALORIES



1183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby portobello mushrooms chopped
- ☐ 2 cornish game hens
- ☐ 10.8 ounce golden mushroom soup divided canned (such as Campbell's®)
- ☐ 1 teaspoon garlic salt
- ☐ 7 ounce pimento-stuffed olives green drained chopped
- ☐ 1 large zucchini chopped

Equipment

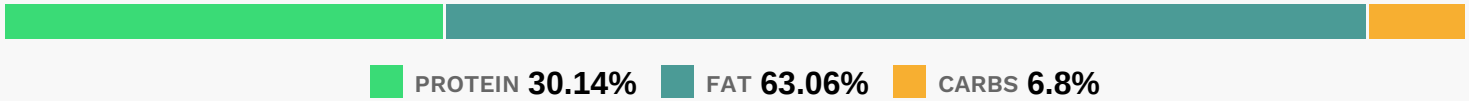
- ☐ bowl

☐ slow cooker

Directions

- ☐ Coat the hens with about 1/4 of the mushroom soup.
- ☐ Mix the remaining mushroom soup with mushrooms, olives, zucchini, and garlic salt in a bowl. Stuff the mixture inside the hens. Arrange hens, breast sides up, in the slow cooker. Spoon any remaining soup mixture over the hens.
- ☐ Cook the hens in the slow cooker on High for 4 hours.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.51, Inflammation Score:-8, Nutrition Score:43.211738658988%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 1183.2kcal (59.16%), Fat: 82.75g (127.3%), Saturated Fat: 21.53g (134.59%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 13.77g (5.01%), Sugar: 6.72g (7.47%), Cholesterol: 462.12mg (154.04%), Sodium: 4086.15mg (177.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 88.98g (177.95%), Vitamin B3: 31.74mg (158.69%), Selenium: 70.32µg (100.45%), Vitamin B6: 1.81mg (90.49%), Phosphorus: 832.41mg (83.24%), Vitamin B2: 1.13mg (66.29%), Potassium: 2030.47mg (58.01%), Zinc: 7.87mg (52.44%), Copper: 0.98mg (48.84%), Manganese: 0.88mg (43.87%), Vitamin B5: 4.36mg (43.63%), Vitamin C: 31.16mg (37.77%), Vitamin E: 5.25mg (35.01%), Vitamin B1: 0.5mg (33.55%), Iron: 5.94mg (32.98%), Magnesium: 131.68mg (32.92%), Vitamin B12: 1.77µg (29.53%), Fiber: 6.31g (25.25%), Vitamin A: 1198.95IU (23.98%), Folate: 89.98µg (22.5%), Vitamin K: 19.13µg (18.22%), Calcium: 136.33mg (13.63%), Vitamin D: 0.26µg (1.72%)