



Spatchcocked Birds

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

READY IN



1495 min.

SERVINGS



7

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons peppercorns black crushed
- 1 butterflied chicken
- 2 tablespoons coriander seeds
- 2 cornish game hens
- 1 bunch cilantro leaves fresh chopped
- 0.8 inch ginger fresh chunk unpeeled roughly chopped
- 2 cloves garlic peeled
- 2 juice of lime juiced

- 0.3 cup olive oil generous extra-virgin (not)
- 1 Handful parsley leaves fresh chopped
- 7 servings grinding pepper black good
- 1 tablespoon rice vinegar
- 1 bunch scallions finely sliced
- 1 Dash sesame oil toasted
- 1 tablespoon soya sauce
- 0.3 cup vegetable oil generous
- 0.3 cup vegetable oil generous
- 7 servings maldon

Equipment

- oven
- plastic wrap
- grill

Directions

- Set each bird in their respective marinade in a dish into which they fit snugly, cover with plastic wrap and leave in the refrigerator, preferably overnight or for 24 hours, though even a couple of hours would have an effect.
- When the grill is good and hot, lift the birds out of their marinade and cook until the flesh has lost all raw pinkness but is still tender within and the skin is crisp and burnished and blistered. It's hard to be precise about times, since grills differ even more than ovens do, but on my grill - a gas-fired Outdoor Chef, which I love to distraction and, since it has a lid, I use even in the winter rain - the chicken takes about 35 minutes, the Cornish hens 15 and the quail about
- Along with sea salt, sprinkle freshly chopped parsley over the chicken and cilantro over the hens and quail, or use whatever herb seems right for the marinades you've concocted.

Nutrition Facts

  

 PROTEIN **22.07%**  FAT **75.75%**  CARBS **2.18%**

Properties

Glycemic Index:38.57, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:21.476521688959%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 786.06kcal (39.3%), Fat: 65.99g (101.52%), Saturated Fat: 14.36g (89.74%), Carbohydrates: 4.29g (1.43%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.32g (0.36%), Cholesterol: 211.47mg (70.49%), Sodium: 495.19mg (21.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.25g (86.51%), Vitamin B3: 14.93mg (74.63%), Vitamin K: 74.03µg (70.5%), Selenium: 31.56µg (45.09%), Vitamin B6: 0.79mg (39.67%), Phosphorus: 358.83mg (35.88%), Vitamin E: 3.97mg (26.48%), Manganese: 0.49mg (24.45%), Vitamin B2: 0.37mg (21.77%), Zinc: 3.06mg (20.42%), Vitamin B5: 1.85mg (18.53%), Potassium: 607.31mg (17.35%), Iron: 2.76mg (15.34%), Magnesium: 58.23mg (14.56%), Vitamin B12: 0.76µg (12.69%), Vitamin B1: 0.17mg (11.63%), Vitamin A: 471.19IU (9.42%), Copper: 0.19mg (9.25%), Vitamin C: 7.27mg (8.82%), Fiber: 1.57g (6.3%), Calcium: 57.11mg (5.71%), Folate: 16.09µg (4.02%), Vitamin D: 0.22µg (1.45%)