



Spice-Roasted Cornish Hens with Cucumber-Yogurt Sauce

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 12 cilantro sprigs fresh
- 1.8 teaspoons coarse kosher salt
- 1 tablespoon coriander seeds
- 3.8 pound cornish game hens split
- 1 tablespoon cumin seeds
- 4 garlic cloves peeled

- 6 servings olive oil
- 0.5 cup whole-milk yogurt plain
- 2 tablespoons cup heavy whipping cream sour

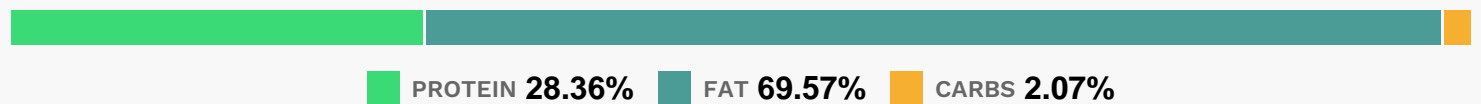
Equipment

- baking sheet
- oven

Directions

- Position rack in top third of oven; preheat to 450°F. Arrange hens, skin side up, on larger rimmed baking sheet. Finely grind cumin and next 3 ingredients in spice mill.
- Brush hens with oil.
- Sprinkle on both sides with spice mixture. Roast hens until cooked through, about 35 minutes.
- Meanwhile, combine all remaining ingredients in processor. Blend until almost smooth. Season sauce with salt and pepper.
- Place hens on plates.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index: 16.5, Glycemic Load: 0.26, Inflammation Score: -5, Nutrition Score: 21.026521755301%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 721.07kcal (36.05%), Fat: 54.97g (84.57%), Saturated Fat: 13.42g (83.86%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 2.98g (1.08%), Sugar: 1.78g (1.98%), Cholesterol: 289.1mg (96.37%), Sodium: 872.66mg

(37.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.42g (100.83%), Vitamin B3: 16.24mg (81.22%), Selenium: 34.94µg (49.92%), Phosphorus: 445.89mg (44.59%), Vitamin B6: 0.88mg (44.24%), Vitamin B2: 0.55mg (32.44%), Vitamin K: 28.37µg (27.02%), Zinc: 3.61mg (24.05%), Potassium: 788.12mg (22.52%), Vitamin E: 2.96mg (19.76%), Vitamin B5: 1.91mg (19.1%), Iron: 3.25mg (18.07%), Vitamin B12: 1.07µg (17.81%), Magnesium: 63.85mg (15.96%), Vitamin B1: 0.23mg (15.52%), Vitamin A: 617.15IU (12.34%), Calcium: 99.41mg (9.94%), Manganese: 0.19mg (9.54%), Copper: 0.18mg (8.97%), Vitamin C: 3.59mg (4.36%), Folate: 13.89µg (3.47%), Fiber: 0.69g (2.77%)