



Spice-Rubbed Cornish Hens with Haroseth Stuffing and Sherry Jus



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



117 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 teaspoons cinnamon
- ☐ 0.3 pounds cornish game hens
- ☐ 1 cup medium-dry sherry
- ☐ 1 tablespoon ground allspice
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 teaspoon paprika sweet

☐ 1 cup water

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ whisk

☐ roasting pan

☐ measuring cup

☐ cutting board

☐ kitchen twine

Directions

☐ Preheat oven to 450°F with rack in middle.

☐ Whisk together spices, 2 teaspoons salt, 1 teaspoon pepper, and oil in a small bowl.

☐ Pat hens dry and stuff cavity of each with 1/3 cup haroseth.

☐ Place hens in a large flameproof roasting pan and rub all over with spice mixture, including underneath skin of breast meat (loosen skin gently with your fingers). Tuck wings underneath body, then secure legs together with a wooden pick or tie with kitchen string.

☐ Roast hens 20 minutes, then brush with pan drippings. Continue to roast, basting every 10 minutes, until juices run clear when a thigh is pierced, 25 to 30 minutes more (45 to 50 minutes total).

☐ Transfer hens to a cutting board.

☐ Straddle roasting pan across 2 burners and boil drippings, scraping up brown bits, 2 minutes. Carefully add Sherry (it may ignite) and boil 2 minutes (or until flames subside).

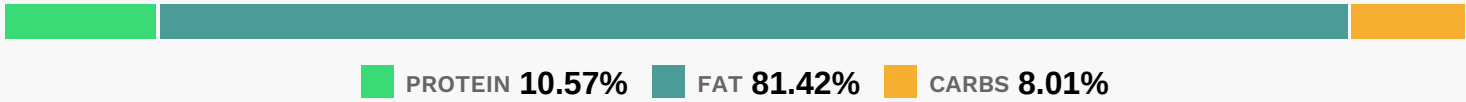
☐ Add water and boil, stirring, until sauce is slightly thickened and reduced to about 1 1/2 cups, 4 to 5 minutes.

☐ Transfer sauce to a measuring cup and let stand 1 minute, then skim off fat (or use a fat separator).

☐ Serve hens, halved if desired, with sauce on the side.

- ☐ Yarden Galilee
- ☐ Cabernet Sauvignon '05

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:2.4195652280165%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 117.47kcal (5.87%), Fat: 8.9g (13.69%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.33g (0.37%), Cholesterol: 14.32mg (4.77%), Sodium: 12.98mg (0.56%), Alcohol: 3.09g (100%), Alcohol %: 4.76% (100%), Protein: 2.6g (5.19%), Manganese: 0.16mg (7.95%), Vitamin E: 1.1mg (7.36%), Vitamin K: 4.89µg (4.66%), Vitamin B3: 0.9mg (4.51%), Vitamin B6: 0.07mg (3.28%), Iron: 0.54mg (3.01%), Vitamin A: 147.14IU (2.94%), Phosphorus: 28.44mg (2.84%), Selenium: 1.77µg (2.52%), Fiber: 0.54g (2.16%), Potassium: 74.97mg (2.14%), Magnesium: 8.52mg (2.13%), Vitamin B2: 0.03mg (1.95%), Calcium: 18.08mg (1.81%), Zinc: 0.24mg (1.61%), Copper: 0.02mg (1.13%), Vitamin B5: 0.11mg (1.08%), Vitamin B1: 0.02mg (1.01%)