



# Spit-Roasted Cornish Hens With Raisin Pecan Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2.5 tablespoons butter melted
- 3 tablespoons butter melted
- 0.3 cup celery finely chopped
- 4 pound cornish game hens
- 0.3 cup pecans chopped
- 0.5 cup raisins chopped
- 0.3 teaspoon rosemary dried whole

- 1 cup herb-seasoned stuffing mix
- 0.3 cup water

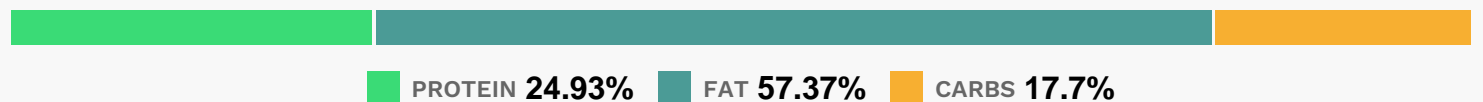
## Equipment

- sauce pan
- oven
- broiler

## Directions

- Saut raisins, pecans, and celery in 2 1/2 tablespoons butter in a medium saucepan until celery is tender. Stir in rosemary, stuffing mix, and water; remove raisin mixture from heat.
- Remove giblets from hens; reserve for other uses. Rinse hens with cold water, and pat dry. Stuff hens lightly with raisin mixture (about 2/3 cup per hen). Close cavities, and secure with wooden picks; truss.
- Heat broiler-rotisserie until the heating element is red. Thread 2 hens on the spit; secure tightly with prongs at each end of the spit. Make sure hens are properly balanced to avoid strain on the motor when spit is turning.
- Brush hens with half of remaining melted butter;
- Place spit on rtisserie about 3 inches from source of heat. Turn on rtisserie motor.
- Bake at 400 for 1 hour or until drumsticks move easily. Repeat procedure with remaining hens and butter.
- Transfer hens to a serving platter, and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:42.7, Glycemic Load:7.71, Inflammation Score:-8, Nutrition Score:37.242173671722%

## Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg,

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## Nutrients (% of daily need)

Calories: 1391.22kcal (69.56%), Fat: 87.75g (135%), Saturated Fat: 21.96g (137.23%), Carbohydrates: 60.92g (20.31%), Net Carbohydrates: 56.82g (20.66%), Sugar: 5.34g (5.93%), Cholesterol: 458.72mg (152.91%), Sodium: 1300.35mg (56.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 85.8g (171.61%), Vitamin B3: 29.48mg (147.42%), Selenium: 82.39µg (117.71%), Phosphorus: 763.13mg (76.31%), Vitamin B6: 1.49mg (74.38%), Vitamin B2: 1.07mg (62.68%), Vitamin B1: 0.77mg (51.14%), Manganese: 0.89mg (44.38%), Zinc: 6.22mg (41.47%), Potassium: 1427.31mg (40.78%), Iron: 6.51mg (36.14%), Vitamin B5: 3.12mg (31.16%), Magnesium: 123.22mg (30.8%), Folate: 118µg (29.5%), Copper: 0.53mg (26.61%), Vitamin B12: 1.53µg (25.47%), Vitamin A: 1213.26IU (24.27%), Fiber: 4.1g (16.4%), Vitamin E: 2.24mg (14.91%), Vitamin K: 13.7µg (13.05%), Calcium: 127.67mg (12.77%), Vitamin C: 3.58mg (4.35%)