



HEALTH SCORE

100%

Teriyaki Hens with Bok Choy



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



2666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium head bok choy thinly sliced
- 11 pounds cornish game hens halved
- 1 piece ginger peeled sliced
- 1 grapefruit halved
- 0.3 cup hoisin sauce
- 4 servings kosher salt and pepper freshly ground
- 0.8 cup soya sauce low-sodium
- 2 small chile peppers red halved for less heat (remove seeds)

- 0.3 cup rice vinegar
- 1 bunch scallions
- 1 tablespoon sesame oil toasted
- 2 teaspoons sesame seed toasted for garnish

Equipment

- bowl
- frying pan
- oven
- pot
- roasting pan

Directions

- Preheat the oven to 425 degrees F. Season the hens with salt and pepper and place skin-side up in a roasting pan. Roast until the skin is slightly crisp, about 25 minutes.
- Meanwhile, combine the soy sauce, hoisin sauce, vinegar, ginger, 1 chile pepper and 1/4 cup water in a pot.
- Cut half of the scallions into large pieces, and zest and juice half of the grapefruit; add to the pot. Simmer, stirring occasionally, until thick and syrupy, about 20 minutes.
- Brush the hens with a few tablespoons of the sauce and continue roasting until golden, about 8 more minutes.
- Peel and segment the remaining grapefruit half and place in a bowl. Thinly slice the remaining scallions and mince the remaining chile pepper; add to the bowl along with the bok choy, sesame oil, and salt and pepper to taste.
- Place half a hen on each plate. Stir any pan drippings into the remaining sauce and drizzle over the top.
- Serve with the bok choy salad and garnish with sesame seeds.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 34.16% ■ FAT 62.07% ■ CARBS 3.77%

Properties

Glycemic Index:50.5, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:69.51608699301%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 9.18mg, Kaempferol: 9.18mg, Kaempferol: 9.18mg, Kaempferol: 9.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 2665.86kcal (133.29%), Fat: 180.24g (277.29%), Saturated Fat: 49.29g (308.06%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 20.07g (7.3%), Sugar: 13.19g (14.66%), Cholesterol: 1260.37mg (420.12%), Sodium: 3094.52mg (134.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 223.2g (446.41%), Vitamin B3: 73.09mg (365.43%), Vitamin A: 11741.11IU (234.82%), Vitamin B6: 4.34mg (216.82%), Selenium: 149.44µg (213.48%), Phosphorus: 1940.87mg (194.09%), Vitamin C: 154.32mg (187.06%), Vitamin B2: 2.47mg (145.1%), Vitamin K: 141.62µg (134.88%), Potassium: 3849.48mg (109.99%), Zinc: 15.39mg (102.59%), Vitamin B5: 8.17mg (81.67%), Magnesium: 318.11mg (79.53%), Vitamin B1: 1.07mg (71.32%), Iron: 12.76mg (70.9%), Vitamin B12: 4.12µg (68.61%), Folate: 219.51µg (54.88%), Manganese: 0.88mg (44.17%), Calcium: 410.21mg (41.02%), Copper: 0.8mg (40.06%), Vitamin E: 4.25mg (28.36%), Fiber: 4.59g (18.35%)