

Roasted Cornish Hen

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-cornish-hen-recipe>

Ingredients:

- 2 cornish hens about 1.5 pounds each
- 3 tablespoons olive oil divided
- 1 teaspoon kosher salt or to taste
- 1 teaspoon black pepper
- 1 teaspoon dried rosemary crushed
- 1 teaspoon lemon zest
- 1 teaspoon thyme leaves
- 1 teaspoon garlic powder
- 1 pound potatoes chopped
- 2 carrots chopped
- 1 onion chopped

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 170 milligrams
4. Fat: 34 grams
5. Fiber: 4 grams
6. Protein: 32 grams
7. SaturatedFat: 8 grams
8. Sodium: 730 milligrams
9. Sugar: 4 grams

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