

# Apple & Pecan Stuffed Cornish Hens

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-stuffing-recipe-apple>

## Ingredients:

- 6 cornish hens Tyson®, thawed, rinsed and patted dry
- 1/2 cup unsalted butter divided
- 1/2 small onion finely chopped
- 1 stalk celery finely chopped
- 1 handful fresh parsley
- 2 baking apples chopped, we like to use Cortland apples
- 1/2 cup pecans roughly chopped
- 5 cups cornbread day old, cubes or packaged cubes
- 2 cups chicken broth
- salt
- cracked black pepper fresh

## Nutrition:

1. Calories: 1640 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 615 milligrams
4. Fat: 115 grams
5. Fiber: 5 grams
6. Protein: 96 grams
7. SaturatedFat: 38 grams
8. Sodium: 1130 milligrams
9. Sugar: 10 grams

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