

Oven Roasted Cornish Game Hens

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 4 cornish game hens
- 1 tablespoon basil
- 1 tablespoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon black pepper + more to taste
- 1 teaspoon kosher salt + more to taste
- 2 pounds potatoes red or white
- 4 garlic cloves
- olive oil
- 1 cup white wine
- 1 pound fresh green beans

Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 340 milligrams
4. Fat: 52 grams
5. Fiber: 9 grams
6. Protein: 64 grams
7. SaturatedFat: 14 grams
8. Sodium: 830 milligrams
9. Sugar: 6 grams

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