

# Roasted Cornish Hens With Double Mushroom Stuffing

Yield: 2 min  
Total Time: 70 min

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

## Ingredients:

- 2 cornish hens about 1 1/2 lbs ea
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 6 tablespoons I Can't Believe It's Not Butter!® Spread
- 1 tablespoon onions
- 2 teaspoons dried tarragon leaves, crush optional
- 1/2 lemon cut in 2 wedges
- 1/2 cup onions chopped
- 2 cups sliced mushrooms
- 2 1/2 cups french bread or fresh italian, cubes
- 14 1/2 ounces chicken broth divided
- 2 tablespoons finely chopped fresh parsley
- 1 tablespoon all-purpose flour

## Nutrition:

1. Calories: 1130 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 340 milligrams
4. Fat: 74 grams
5. Fiber: 4 grams
6. Protein: 71 grams
7. SaturatedFat: 19 grams
8. Sodium: 1500 milligrams
9. Sugar: 5 grams

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