

# Roasted Cornish Hens

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 2 whole cornish hens about 1 1/2 lb each
- 2 sprigs rosemary
- 4 sprigs thyme
- 1 large onion cut in quarters
- 6 cloves garlic
- 1 lemon cut in slices
- 2 tablespoons olive oil
- 1 teaspoon salt or to taste
- 1 teaspoon pepper or to taste
- 1 tablespoon Italian seasoning
- 2 teaspoons smoked paprika
- 1 teaspoon garlic powder
- 1/4 teaspoon red pepper flakes

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 170 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 8 grams
8. Sodium: 700 milligrams
9. Sugar: 1 grams

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