

Barbecue Cornish Game Hen with Coleslaw & Sautéed Corn

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 2 cloves garlic
- 2 corn Ears
- 1 bunch cilantro
- 1 carrot Large
- 1/2 head red cabbage
- 1 cornish game hen Split
- 1 lemon
- 1 tablespoon sesame oil
- 2 tablespoons butter
- 1/2 cup barbecue sauce

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 100 milligrams
4. Fat: 21 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 7 grams
8. Sodium: 480 milligrams
9. Sugar: 14 grams

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