



 **64%**
HEALTH SCORE

Barbecued Duck

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



5

CALORIES



1854 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pound duck
- 5 servings bell pepper to taste
- 5 servings plum sauce
- 5 servings salt to taste

Equipment

- frying pan
- oven
- grill

- kitchen thermometer
- aluminum foil
- metal skewers

Directions

- If using charcoal briquets, ignite 40 briquets on the firegrate of a barbecue, let burn until coals are dotted with ash, about 20 minutes, then push half the coals to each side of the grate. Set a foil drip pan (about 8 by 12 in.--slightly longer and wider than duck--and at least 1 in. deep) on firegrate between mounds of coals. Set grill in place.
- Add 4 briquets to each mound of coals now and every 30 minutes of cooking.
- If using a gas barbecue, turn heat to high and close lid for at least 10 minutes. Adjust heat to medium and burners for indirect cooking. Put drip pan between ignited burners. Set grill in place.
- Meanwhile, remove giblets from 1 duck (about 5 lb.) and reserve for other uses. Rinse, drain, and pat bird dry. Discard lumps of fat. With a fork, pierce just through skin all over at about 1-inch intervals. Fold wing tips under back. Pin neck skin to back of duck with a metal skewer. Pin body cavity shut and tie legs together.
- Lay duck, breast up, on grill directly over drip pan. Cover barbecue; open vents for charcoal. Temperature inside barbecue should be about 300
- Cook until duck is lightly browned and a thermometer inserted in thigh against bone at hip joint registers 185, about 2 hours.
- Transfer duck to a platter.
- Let cool at least 2 hours. If making ahead, cover and chill up to 1 day. Discard drippings.
- Set duck, breast up, in a V-shaped rack in a shallow pan about 8 by 12 inches.
- Bake duck in a 350 oven until very richly browned, about 55 minutes.
- Transfer to a platter. Slice skin off in large pieces, trimming fat off the underside.
- Cut the meat from the duck and season with salt and pepper to taste; accompany meat with hoisin or plum sauce.

Nutrition Facts

 PROTEIN 11.5%  FAT 87.43%  CARBS 1.07%

Properties

Glycemic Index:6.4, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:42.229565371638%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 1853.72kcal (92.69%), Fat: 178.68g (274.89%), Saturated Fat: 60.01g (375.07%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.35g (1.22%), Sugar: 3.13g (3.48%), Cholesterol: 344.73mg (114.91%), Sodium: 487.91mg (21.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.86g (105.73%), Vitamin C: 108.07mg (130.99%), Vitamin B3: 18.58mg (92.92%), Selenium: 56.32µg (80.46%), Phosphorus: 650.08mg (65.01%), Iron: 11.22mg (62.35%), Vitamin B1: 0.93mg (62.27%), Vitamin A: 3095.06IU (61.9%), Vitamin B2: 1.02mg (59.81%), Copper: 1.08mg (54.2%), Vitamin B6: 1.08mg (53.97%), Vitamin B5: 4.55mg (45.5%), Zinc: 6.36mg (42.38%), Potassium: 1107.83mg (31.65%), Vitamin E: 4.35mg (29.01%), Vitamin K: 28.6µg (27.24%), Folate: 93.3µg (23.32%), Vitamin D: 3.18µg (21.17%), Magnesium: 77.1mg (19.28%), Vitamin B12: 1.13µg (18.9%), Manganese: 0.16mg (8.11%), Fiber: 1.57g (6.29%), Calcium: 55.35mg (5.54%)