



Buckshot Duck with Wild and Brown Rice Stuffing

 **Gluten Free**  **Dairy Free**

READY IN



270 min.

SERVINGS



6

CALORIES



1486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons peppercorns black crushed
- 1 cup seasoned croutons
- 4 cloves garlic crushed
- 0.5 teaspoon olive oil
- 2 cups rice mix long grain wild uncooked
- 0.5 ounce sazón seasoning
- 4 pound duck whole

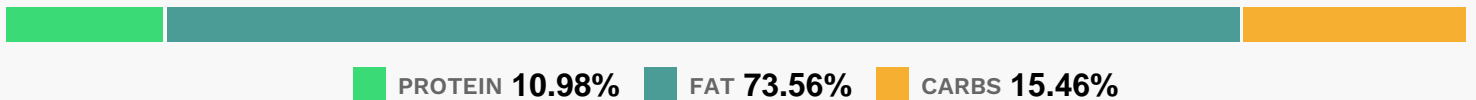
Equipment

- bowl
- sauce pan
- oven
- roasting pan

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Place the duck on a rack in a roasting pan. Rub the crushed garlic and pepper under the skin of the duck. Rub the skin with 1 packet sazón seasoning.
- Roast 3 hours in the preheated oven, to an internal temperature of 180 degrees F (80 degrees) C.
- Place the reserved duck innards and 1 packet sazón seasoning in a saucepan with enough water to cover. Bring to a boil, reduce heat, and simmer 30 minutes, until tender.
- Place the rice mix in a medium saucepan with just enough water to cover.
- Mix in the oil, and 1 packet sazón seasoning. Bring to a boil. Reduce heat, cover, and simmer 25 minutes, stirring occasionally.
- In a bowl, mix the cooked innards, cooked rice, and croutons. Stuff the cooked duck with the mixture to serve.

Nutrition Facts



Properties

Glycemic Index:32.53, Glycemic Load:32.94, Inflammation Score:-5, Nutrition Score:30.455217278522%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1485.59kcal (74.28%), Fat: 120.21g (184.93%), Saturated Fat: 40.28g (251.75%), Carbohydrates: 56.84g (18.95%), Net Carbohydrates: 54.47g (19.81%), Sugar: 0.13g (0.14%), Cholesterol: 229.82mg (76.61%), Sodium: 459.47mg (19.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.77%), Manganese: 1.42mg (70.92%), Selenium: 49.21µg (70.3%), Vitamin B3: 13.23mg (66.13%), Phosphorus: 507.96mg (50.8%), Iron: 8.48mg (47.09%), Copper: 0.93mg (46.5%), Vitamin B1: 0.68mg (45.3%), Vitamin B2: 0.69mg (40.59%), Vitamin B5: 3.6mg (36.04%), Vitamin B6: 0.72mg (35.82%), Zinc: 4.91mg (32.75%), Vitamin K: 25.11µg (23.92%), Potassium: 783.6mg (22.39%), Magnesium: 71.38mg (17.84%), Vitamin E: 2.29mg (15.24%), Vitamin D: 2.12µg (14.11%), Folate: 51.75µg (12.94%), Vitamin B12: 0.76µg (12.6%), Vitamin C: 9.09mg (11.02%), Vitamin A: 535.55IU (10.71%), Fiber: 2.36g (9.45%), Calcium: 80.1mg (8.01%)