



Crispy Chinese duck with peaches



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



5

CALORIES



584 kcal

SIDE DISH

Ingredients

- ☐ 8 oz duck
- ☐ 1 peaches
- ☐ 2 tsp five spice powder chinese
- ☐ 2 tsp pepper
- ☐ 2 tsp sea salt
- ☐ 5 servings jasmine rice shredded
- ☐ 5 peaches halved
- ☐ 2 tbsp honey

- ☐ 2 tbsp rice vinegar
- ☐ 3 tbsp sesame oil
- ☐ 2 tbsp ginger chopped
- ☐ 6 tbsp hoisin sauce
- ☐ 2 tsp sesame seed toasted

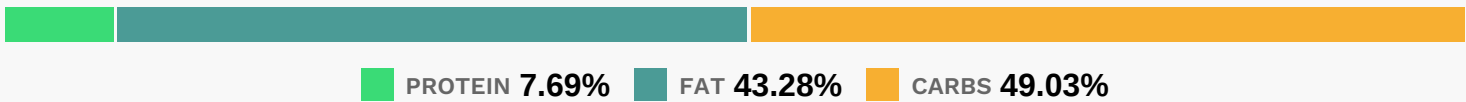
Equipment

- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ Heat oven to 140C/120C fan/gas
- ☐ Prick the duck skin all over with a fork dont go too deep or youll puncture the meat instead and lose all the juices during cooking. Push the whole peach up into the ducks cavity, neatly tuck in any excess fat and tie the legs together with string. Using a pestle and mortar, grind together the Chinese five-spice, Sichuan pepper and sea salt. Rub all over the duck and sit, breast-side down, on a rack in a roasting tin. Roast for 3 hrs.
- ☐ Meanwhile, put the peaches, cut-side up, in a snug-ish ovenproof dish.
- ☐ Mix the honey, vinegar, sesame oil, ginger and hoisin with 3 tbsp water.
- ☐ Pour over the peaches, then scatter over the sesame seeds.
- ☐ Lift the duck out of the oven and drain off any fat in the tin. Turn up the oven to 200C/180C fan/gas 6 and flip the duck over so it is now breast-side up. Roast for 30 mins more, with the peaches on the shelf below, until the duck is brown and crispy and the peaches are tender.
- ☐ Serve with jasmine rice and shredded spring onions.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:32.2, Inflammation Score:-6, Nutrition Score:13.573913206225%

Flavonoids

Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg, Cyanidin: 3.46mg Catechin: 8.86mg, Catechin: 8.86mg, Catechin: 8.86mg, Catechin: 8.86mg Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg Epigallocatechin 3–gallate: 0.54mg, Epigallocatechin 3–gallate: 0.54mg, Epigallocatechin 3–gallate: 0.54mg, Epigallocatechin 3–gallate: 0.54mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 584.08kcal (29.2%), Fat: 28.38g (43.67%), Saturated Fat: 7.5g (46.86%), Carbohydrates: 72.35g (24.12%), Net Carbohydrates: 67.91g (24.69%), Sugar: 27.35g (30.39%), Cholesterol: 35.05mg (11.68%), Sodium: 1296.83mg (56.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.7%), Manganese: 0.84mg (42.2%), Selenium: 17.21µg (24.59%), Copper: 0.44mg (22.08%), Vitamin B3: 4.32mg (21.61%), Phosphorus: 177.71mg (17.77%), Fiber: 4.44g (17.76%), Iron: 3.11mg (17.28%), Vitamin A: 673.58IU (13.47%), Vitamin B2: 0.23mg (13.38%), Potassium: 443.88mg (12.68%), Vitamin E: 1.87mg (12.47%), Vitamin B5: 1.22mg (12.22%), Vitamin B6: 0.24mg (12.2%), Vitamin B1: 0.18mg (11.92%), Zinc: 1.78mg (11.87%), Magnesium: 45.66mg (11.42%), Vitamin C: 9.24mg (11.21%), Vitamin K: 10.49µg (9.99%), Folate: 26.34µg (6.59%), Calcium: 54.78mg (5.48%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.11µg (1.89%)