



Crispy duck & baked apples

 Gluten Free

READY IN



250 min.

SERVINGS



4

CALORIES



1833 kcal

Ingredients

- ☐ 5 oz duck
- ☐ 4 servings duck
- ☐ 4 servings milk with high levels of protein, b...
- ☐ 1 serving frangelico
- ☐ 4 servings frangelico

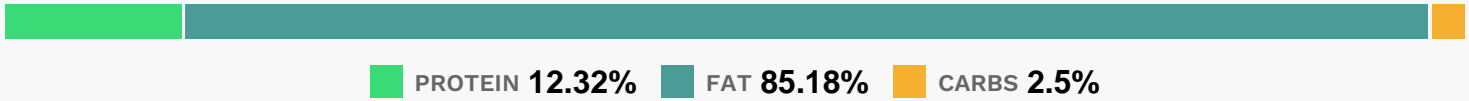
Equipment

- ☐ oven
- ☐ skewers

Directions

- ☐
- Heat oven to 120C/fan 100C/gas . Pull any excess fat from the ducks cavity and use a roasting fork or skewer to prick the skin of the duck all over do this lightly as you dont want to pierce the meat. Rub the duck generously inside and out with flaky sea salt, then lay, breast-side down, on a rack over a roasting tray. Roast the duck for 3 hrs, pricking again every now and then should you happen to pass by. While the duck is cooking, score a line gently around the middle of each apple and set aside (this stops them exploding when they cook).
- ☐
- After 3 hrs, remove duck from the oven and turn the heat to 180C/fan 160C/gas
- ☐
- Sit the duck on a plate and carefully pour away most of the fat from the tin. Return the duck to the rack, right way up, and continue to roast for 30 mins.
- ☐
- Put the apples in under the duck or around the side and roast for a final 30 mins. By now you should have the crispiest duck and apples on the verge of collapse. Leave the duck to rest for 10 mins, then carve and serve with the apples.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:4.33, Inflammation Score:-7, Nutrition Score:38.853043307429%

Nutrients (% of daily need)

Calories: 1832.85kcal (91.64%), Fat: 172.03g (264.66%), Saturated Fat: 59.72g (373.27%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 11.39g (4.14%), Sugar: 11.74g (13.04%), Cholesterol: 346.53mg (115.51%), Sodium: 355.71mg (15.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.97g (111.93%), Vitamin B3: 16.68mg (83.39%), Phosphorus: 826.68mg (82.67%), Selenium: 56.4µg (80.57%), Vitamin B2: 1.21mg (71.37%), Vitamin B1: 0.96mg (63.93%), Iron: 10.02mg (55.66%), Copper: 0.99mg (49.38%), Vitamin B5: 4.88mg (48.8%), Vitamin B6: 0.94mg (47.1%), Zinc: 6.68mg (44.52%), Vitamin B12: 2.36µg (39.35%), Vitamin D: 5.61µg (37.37%), Potassium: 1238.44mg (35.38%), Calcium: 346.04mg (34.6%), Magnesium: 91.9mg (22.97%), Vitamin K: 23.69µg (22.56%), Vitamin A: 1096.57IU (21.93%), Vitamin E: 3.04mg (20.29%), Vitamin C: 11.69mg (14.17%), Folate: 54.27µg (13.57%), Manganese: 0.08mg (4.04%)