



Duck and Noodle Soup

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 peppercorns black
- ☐ 2 lbs duck breast meat – skin left on
- ☐ 4 slices ginger fresh smashed
- ☐ 5 cups beef broth low-sodium
- ☐ 1.5 cups mung bean sprouts fresh
- ☐ 1 pound vermicelli dried
- ☐ 0.8 teaspoon salt divided

- ☐ 6 spring onion halved sliced (2 , 4)
- ☐ 5 cups water
- ☐ 2 star anise whole

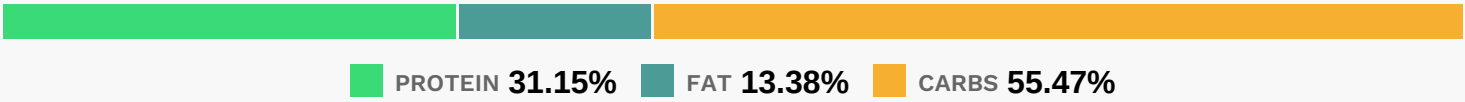
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ kitchen thermometer
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Bring a large pot of water to boil.
- ☐ Add noodles. Boil until tender (4 minutes). Rinse under cold water; drain. Set aside.
- ☐ Add to pot broth, water, scallion halves, ginger, anise, peppercorns, and 1/2 tsp salt. Boil, then let simmer.
- ☐ Put a large ovenproof skillet in center of oven; heat to 400F. Pat duck dry. Using tip of knife, score skin in a crosshatch, being careful not to cut into duck; season with 1/4 tsp salt and pepper. Roast, skin down, in skillet until meat thermometer registers 165F (about 30 minutes).
- ☐ Turn on broiler.
- ☐ Drain fat, turn duck over, and broil 6 inches from heat until skin is golden (2 minutes).
- ☐ Transfer duck to cutting board; let rest 10 minutes. Slice.
- ☐ Strain broth. Return to pot, add sprouts; boil 5 minutes. Arrange noodles, duck, and sliced scallion in bowls. Ladle broth over them.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:27.02, Inflammation Score:-3, Nutrition Score:20.33826090849%

Flavonoids

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 365.86kcal (18.29%), Fat: 5.3g (8.15%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 49.38g (16.46%), Net Carbohydrates: 47.81g (17.38%), Sugar: 1.03g (1.15%), Cholesterol: 87.32mg (29.11%), Sodium: 671.03mg (29.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.48%), Vitamin B12: 14.74µg (245.7%), Selenium: 31.44µg (44.91%), Vitamin B6: 0.72mg (35.75%), Vitamin B1: 0.49mg (32.91%), Iron: 5.92mg (32.89%), Phosphorus: 313.13mg (31.31%), Vitamin K: 25.23µg (24.03%), Copper: 0.45mg (22.68%), Vitamin B2: 0.38mg (22.5%), Vitamin B3: 4.19mg (20.95%), Potassium: 683.94mg (19.54%), Manganese: 0.35mg (17.74%), Vitamin C: 11.4mg (13.82%), Vitamin B5: 1.02mg (10.22%), Magnesium: 40.16mg (10.04%), Zinc: 1.36mg (9.08%), Folate: 26.31µg (6.58%), Fiber: 1.57g (6.3%), Vitamin A: 155.25IU (3.11%), Calcium: 29.41mg (2.94%)