



Duck and Yellow Rice



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



1348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon curry powder yellow
- ☐ 4 pound duck
- ☐ 15 cloves garlic minced
- ☐ 6 small green onion thinly sliced
- ☐ 1 teaspoon ground turmeric
- ☐ 4 cups jasmine rice uncooked
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons soya sauce

- ☐ 5 tablespoons vegetable oil
- ☐ 6.5 cups water
- ☐ 1 tablespoon peppercorns whole

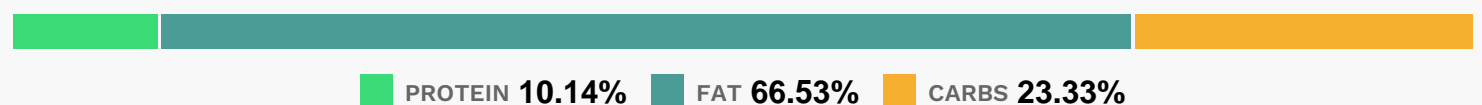
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a large bowl, soak rice in cold water to soak while preparing the rest of the recipe.
- ☐ In a small bowl, using the back of a spoon, smash into a paste the garlic, pepper, salt, curry, and turmeric.
- ☐ Drizzle in the soy sauce as you continue to smash. Set spice aside.
- ☐ Cut the duck into a dozen pieces, removing the fat and thick skin.
- ☐ Drain soaking rice, and set aside.
- ☐ Heat 2 tablespoons vegetable oil in a wide pot over medium-high heat, stir in the spice paste, and cook for 30 seconds. Stir in duck pieces; cook about 10 minutes, stirring frequently until lightly browned.
- ☐ Pour in 2 cups water, bring to a boil, and simmer 10 minutes.
- ☐ Pour in remaining water and vegetable oil; return contents to boil.
- ☐ Add rice to pot. Water should cover the rice by 1/2 inch. Return to a boil and cook, covered tightly, 15 to 20 minutes, until rice is tender.
- ☐ Remove pot from heat.
- ☐ Let stand, covered, 5 to 10 minutes. Turn out onto serving platter, and garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:22.52, Glycemic Load:45.29, Inflammation Score:-9, Nutrition Score:27.193912837816%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 1347.76kcal (67.39%), Fat: 98.54g (151.6%), Saturated Fat: 31.49g (196.84%), Carbohydrates: 77.74g (25.91%), Net Carbohydrates: 75.67g (27.52%), Sugar: 0.37g (0.41%), Cholesterol: 172.37mg (57.46%), Sodium: 992.15mg (43.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.8g (67.6%), Manganese: 1.38mg (69.01%), Selenium: 43.15µg (61.64%), Vitamin B3: 10.69mg (53.46%), Phosphorus: 442.73mg (44.27%), Copper: 0.82mg (41.01%), Iron: 6.89mg (38.3%), Vitamin K: 38.88µg (37.03%), Vitamin B1: 0.53mg (35.41%), Vitamin B6: 0.68mg (34.02%), Vitamin B2: 0.54mg (31.92%), Vitamin B5: 3.17mg (31.66%), Zinc: 4.27mg (28.46%), Potassium: 657.44mg (18.78%), Vitamin E: 2.6mg (17.3%), Magnesium: 67.56mg (16.89%), Vitamin C: 8.96mg (10.86%), Vitamin D: 1.59µg (10.58%), Folate: 41.73µg (10.43%), Vitamin B12: 0.57µg (9.45%), Vitamin A: 433.14IU (8.66%), Fiber: 2.07g (8.29%), Calcium: 80.34mg (8.03%)