



Duck Curry

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

READY IN



75 min.

SERVINGS



4

CALORIES



1265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 can pineapple rings drained (260 g weight)
- 260 g cherry tomatoes
- 2 cups chicken stock see
- 300 ml full fat coconut cream
- 200 g curry paste red instant
- 1 large duck whole chopped
- 4 servings fish sauce to taste
- 1 garlic crushed peeled

- 1 juice of lime
- 150 g oyster mushroom
- 2 stalks lemon grass
- 1 can lychee juice drained for later use (227 g weight)
- 2 onion red sliced

Equipment

- frying pan
- kitchen towels
- dutch oven

Directions

- Place duck pieces skin side down in a Dutch oven or large pot. Slowly render fats under medium heat until skin is browned. Brown the other sides as well. You may have to do this in batches, do not overcrowd the pan. Leave the duck pieces aside for later use. You can soak up the excess oil with kitchen towels.

Nutrition Facts



PROTEIN 9.93% **FAT 74.94%** **CARBS 15.13%**

Properties

Glycemic Index:14.25, Glycemic Load:1.2, Inflammation Score:-10, Nutrition Score:37.573478449946%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg, Quercetin: 11.67mg

Nutrients (% of daily need)

Calories: 1265.32kcal (63.27%), Fat: 107.1g (164.76%), Saturated Fat: 50.66g (316.63%), Carbohydrates: 48.65g (16.22%), Net Carbohydrates: 40.98g (14.9%), Sugar: 30.2g (33.55%), Cholesterol: 148.76mg (49.59%), Sodium: 392.62mg (17.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.94g (63.87%), Vitamin A: 8611.57IU (172.23%), Manganese: 1.61mg (80.72%), Vitamin B3: 12.88mg (64.4%), Copper: 1.14mg (57.07%), Vitamin C: 46.97mg (56.94%), Iron: 9.96mg (55.33%), Phosphorus: 489.68mg (48.97%), Vitamin B1: 0.69mg (45.96%), Vitamin B2: 0.71mg (41.51%), Selenium: 28.73µg (41.04%), Potassium: 1396.73mg (39.91%), Vitamin B6: 0.76mg (37.93%), Fiber: 7.66g (30.66%), Zinc: 4.29mg (28.63%), Vitamin B5: 2.67mg (26.7%), Magnesium: 101.14mg (25.29%), Folate: 95.47µg (23.87%), Calcium: 154.27mg (15.43%), Vitamin K: 13.83µg (13.17%), Vitamin E: 1.79mg (11.96%), Vitamin D: 1.6µg (10.66%), Vitamin B12: 0.48µg (8.04%)