



Duck Soup (Czarnina)

READY IN



45 min.

SERVINGS



12

CALORIES



993 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 stalk celery cut into 2 inch pieces
- ☐ 4 cups duck blood
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 sprig parsley fresh chopped
- ☐ 1 cup heavy cream
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 16 ounces prune- cut to pieces pitted
- ☐ 0.5 cup raisins
- ☐ 1 teaspoon salt

- ☐ 12 servings salt and pepper to taste
- ☐ 1 baking apples are apples that have a sweet-tart balance and hold their shape when cored
peeled chopped
- ☐ 8 cups water
- ☐ 1 tablespoon sugar white
- ☐ 5 allspice whole
- ☐ 4 pound duck wild whole

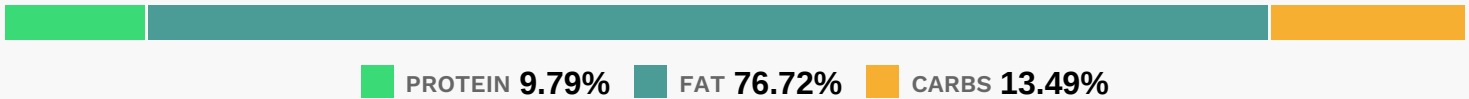
Equipment

- ☐ bowl
- ☐ pot
- ☐ cheesecloth

Directions

- ☐ Cover whole duck with water in large stock pot.
- ☐ Add salt, and bring to a boil. Skim off foam.
- ☐ Place celery, parsley, allspice, and cloves in a cheese cloth bag, and add to stock pot. Cover and cook over low heat until meat is tender, approximately 1 1/2 hours.
- ☐ Remove cheese cloth bag from stock pot.
- ☐ Remove duck. Discard bones, cut up meat, and return to the broth.
- ☐ Mix in prunes, raisins and apple. Simmer for 30 minutes.
- ☐ In a medium bowl, beat flour and sugar into cream until smooth. Beat in duck blood gradually.
- ☐ Add 1/2 cup hot soup stock to blood mixture, blending thoroughly.
- ☐ Pour mixture slowly back into stock pot, stirring constantly until soup comes to a boil. Season to taste with salt, pepper, lemon juice and vinegar.

Nutrition Facts



Properties

Glycemic Index:28.66, Glycemic Load:10.73, Inflammation Score:-6, Nutrition Score:20.326521852742%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 992.57kcal (49.63%), Fat: 85.23g (131.12%), Saturated Fat: 30.77g (192.33%), Carbohydrates: 33.72g (11.24%), Net Carbohydrates: 30.16g (10.97%), Sugar: 17.64g (19.6%), Cholesterol: 172.79mg (57.6%), Sodium: 530.87mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.48g (48.95%), Vitamin B3: 8.68mg (43.38%), Selenium: 25.73µg (36.75%), Vitamin K: 36.69µg (34.94%), Vitamin B2: 0.55mg (32.15%), Phosphorus: 321.16mg (32.12%), Copper: 0.63mg (31.34%), Iron: 5.37mg (29.85%), Vitamin B1: 0.43mg (28.89%), Vitamin B6: 0.48mg (24.09%), Potassium: 787.43mg (22.5%), Vitamin B5: 2.12mg (21.19%), Zinc: 2.95mg (19.69%), Vitamin A: 949.65IU (18.99%), Fiber: 3.56g (14.24%), Magnesium: 51.54mg (12.88%), Vitamin E: 1.77mg (11.8%), Vitamin D: 1.7µg (11.35%), Vitamin C: 7.62mg (9.24%), Manganese: 0.18mg (9.14%), Vitamin B12: 0.53µg (8.77%), Folate: 32.54µg (8.14%), Calcium: 60.68mg (6.07%)