



WHATSheATE



Duck Stuffed with Chicken Liver, Candied Orange, and Pears



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



728 kcal

SIDE DISH

Ingredients

- ☐ 14 ounces chicken livers fat trimmed
- ☐ 2 cups cooking wine dry red
- ☐ 10 large sage leaves fresh
- ☐ 2 garlic cloves thinly sliced
- ☐ 2 tablespoons honey
- ☐ 6 tablespoons olive oil extra-virgin divided
- ☐ 2 oranges ends trimmed cut into 5 rounds

- ☐ 2 cups pears diced peeled (2 medium)
- ☐ 3 cups sugar
- ☐ 2.7 cups water
- ☐ 9 pound ducks frozen dry thawed rinsed fat trimmed
- ☐ 9 pound ducks frozen dry thawed rinsed fat trimmed

Equipment

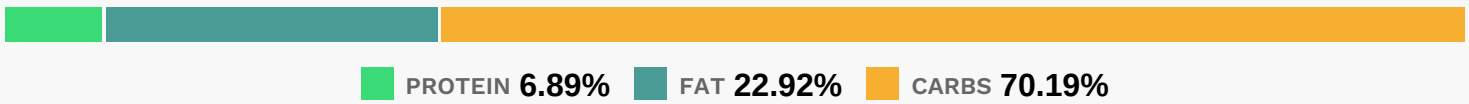
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ metal skewers

Directions

- ☐ Combine sugar and 2 2/3 cups water in heavy medium saucepan. Bring to simmer, stirring until sugar dissolves.
- ☐ Add orange slices and boil gently until orange peels are almost translucent, about 30 minutes.
- ☐ Drain.
- ☐ Place orange slices on rack set over plate and let drain another 30 minutes.
- ☐ Cut slices into 1/2-inch dice. (Can be made 1 day ahead. Cover and refrigerate.)
- ☐ Heat 4 tablespoons oil in large nonstick skillet over medium-high heat.
- ☐ Add chicken livers, sage, and garlic; sauté until livers are browned but still slightly pink inside, about 9 minutes.
- ☐ Remove from heat; cool slightly.
- ☐ Cut chicken livers into 1/2-inch dice; return to skillet.
- ☐ Mix in pears and diced candied oranges. Season stuffing to taste with salt and pepper.
- ☐ Preheat oven to 400°F. Boil wine in small saucepan for 3 minutes to allow alcohol to cook away; set aside.

- ☐ Sprinkle duck cavities with salt and pepper. Fill cavities with liver stuffing, dividing equally. Close cavity openings with small metal skewers.
- ☐ Place ducks in large roasting pan.
- ☐ Brush ducks with remaining 2 tablespoons oil.
- ☐ Sprinkle with salt and pepper. Roast ducks 20 minutes.
- ☐ Pour wine into roasting pan.
- ☐ Brush ducks with honey. Continue to roast until ducks are cooked through and juices run clear when thickest part of thigh is pierced with fork, about 1 hour 10 minutes longer.
- ☐ Transfer ducks to platter. Spoon fat off top of pan juices and discard.
- ☐ Pour pan juices into small bowl; season with salt and pepper.
- ☐ Serve ducks and stuffing with pan juices.

Nutrition Facts



Properties

Glycemic Index:38.6, Glycemic Load:77.04, Inflammation Score:-10, Nutrition Score:33.170869350433%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.3mg, Catechin: 6.3mg, Catechin: 6.3mg, Catechin: 6.3mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 10.55mg, Epicatechin: 10.55mg, Epicatechin: 10.55mg, Epicatechin: 10.55mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 11.9mg, Hesperetin: 11.9mg, Hesperetin: 11.9mg, Hesperetin: 11.9mg Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 727.86kcal (36.39%), Fat: 17.65g (27.16%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 121.58g (40.53%), Net Carbohydrates: 118.83g (43.21%), Sugar: 114.87g (127.64%), Cholesterol: 228.21mg (76.07%), Sodium: 54.49mg (2.37%), Alcohol: 8.4g (100%), Alcohol %: 2.26% (100%), Protein: 11.94g (23.88%), Vitamin B12: 10.97µg (182.79%), Vitamin A: 7439.73IU (148.79%), Folate: 405.98µg (101.5%), Vitamin B2: 1.23mg (72.38%), Selenium: 37.19µg (53.12%), Vitamin C: 37.73mg (45.73%), Vitamin B5: 4.27mg (42.69%), Iron: 6.27mg (34.83%), Vitamin B3: 6.66mg (33.3%), Copper: 0.62mg (31.17%), Vitamin B6: 0.62mg (31%), Phosphorus: 210.85mg (21.09%), Vitamin E: 2.62mg (17.49%), Vitamin B1: 0.25mg (16.56%), Zinc: 1.9mg (12.66%), Manganese: 0.24mg (11.92%), Fiber: 2.75g (11.01%), Vitamin K: 10.81µg (10.29%), Potassium: 303.51mg (8.67%), Magnesium: 22.25mg (5.56%), Calcium: 34.56mg (3.46%)