



Duck with Chocolate: Anatra al Cioccolato

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



1547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 carrots peeled chopped
- ☐ 3 celery stalks chopped
- ☐ 3 pound duck cut into 8 pieces
- ☐ 1 teaspoon fennel seeds
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon golden raisins
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 onion chopped
- ☐ 1 leaves parsley pepper flakes red extra-virgin chopped for garnish
- ☐ 1 tablespoon pinenuts
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1.3 teaspoons sugar
- ☐ 1.5 tablespoons chocolate unsweetened chopped fine
- ☐ 0.8 cup citrus champagne vinegar

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a 12 to 14-inch saucepan over medium heat. When the pan is hot, add the duck pieces, skin side down. The duck skin will provide more than enough fat for browning without adding excess oil. Cook, occasionally pouring excess fat off carefully, until golden brown, about 8 minutes per side.
- ☐ Meanwhile, in medium-sized saute pan, heat the olive oil over medium heat until hot but not smoking.
- ☐ Add the onion, celery, and carrot, and saute over medium heat until softened, about 12 minutes.
- ☐ Add the fennel seeds, pine nuts, cloves, raisins, bay leaves, flour and 1/2 cup vinegar and continue cooking for 2 minutes.
- ☐ Add duck pieces and 1/4 cup vinegar. Season with salt and pepper. Bring to a boil, cover and lower the heat. Braise over low heat until the sauce is thick, about 30 to 40 minutes.
- ☐ Remove the cloves.
- ☐ Remove the duck to a large plate and spoon vegetables over.
- ☐ Stir the chocolate and sugar into the cooking liquid.
- ☐ Serve sauce with the duck and garnish with chopped parsley, red pepper flakes and a drizzle of extra-virgin olive oil.

Nutrition Facts

 **PROTEIN 10.75%**  **FAT 85.32%**  **CARBS 3.93%**

Properties

Glycemic Index:84.9, Glycemic Load:6.11, Inflammation Score:-10, Nutrition Score:35.817391333373%

Flavonoids

Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg Epicatechin: 7.86mg, Epicatechin: 7.86mg, Epicatechin: 7.86mg, Epicatechin: 7.86mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 1547.44kcal (77.37%), Fat: 145.94g (224.52%), Saturated Fat: 47.93g (299.56%), Carbohydrates: 15.13g (5.04%), Net Carbohydrates: 12.26g (4.46%), Sugar: 6.27g (6.97%), Cholesterol: 258.55mg (86.18%), Sodium: 244.99mg (10.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.44mg (1.48%), Protein: 41.38g (82.76%), Vitamin A: 5685.92IU (113.72%), Vitamin B3: 14.21mg (71.03%), Selenium: 44.14µg (63.06%), Iron: 10.03mg (55.73%), Phosphorus: 543.39mg (54.34%), Copper: 1.07mg (53.55%), Vitamin B1: 0.75mg (50.18%), Vitamin B2: 0.78mg (45.91%), Vitamin B6: 0.74mg (37.24%), Zinc: 5.52mg (36.79%), Manganese: 0.7mg (34.92%), Vitamin B5: 3.4mg (34%), Vitamin K: 30.28µg (28.84%), Potassium: 977.13mg (27.92%), Vitamin E: 3.9mg (26.02%), Magnesium: 88.26mg (22.07%), Vitamin C: 13.95mg (16.9%), Folate: 65.81µg (16.45%), Vitamin D: 2.38µg (15.88%), Vitamin B12: 0.85µg (14.17%), Fiber: 2.87g (11.48%), Calcium: 73.18mg (7.32%)