



Duck with Honey

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



2919 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices baguette toasted
- ☐ 0.3 teaspoon peppercorns black
- ☐ 1.5 teaspoons sea salt
- ☐ 3 tablespoons cooking wine dry red
- ☐ 6 pound duck fresh thawed
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 4 teaspoons lavender blossoms dried fresh packed ()
- ☐ 1 cup low-salt chicken broth canned

- ☐ 4 tablespoons orange flower honey

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ mortar and pestle
- ☐ measuring cup

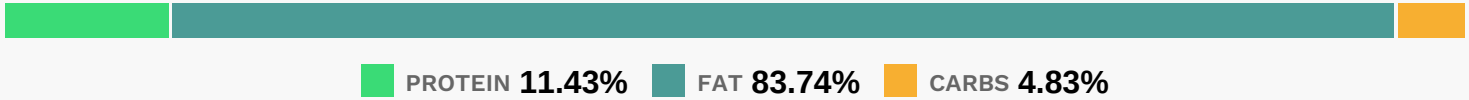
Directions

- ☐ Preheat oven to 350°F. Finely grind 2 teaspoons fresh or 1 teaspoon dried lavender blossoms, thyme, sea salt and peppercorns in spice grinder or with mortar and pestle.
- ☐ Remove fat deposits and giblets from duck cavity, reserving liver. Trim excess skin and fat from neck area. Rinse inside and out; pat dry.
- ☐ Cutting through skin and fat (but not flesh) of duck breasts, score in crisscross pattern. Rub inside and outside of duck with herb mixture; return duck liver to cavity.
- ☐ Place duck, breast up, on rack in roasting pan. Roast 2 hours.
- ☐ Remove from oven. Increase oven temperature to 375°F.
- ☐ Transfer duck to plate.
- ☐ Pour pan juices into 4-cup glass measuring cup; spoon off fat. Return juices and 1 tablespoon fat to pan.
- ☐ Add broth and wine. Return duck to pan.
- ☐ Brush with 2 tablespoons honey.
- ☐ Roast duck 20 minutes, basting once with pan juices.
- ☐ Brush with 2 tablespoons honey; sprinkle with 1 teaspoon fresh or 1/2 teaspoon dried lavender. Roast duck until deep golden and thermometer inserted into innermost part of thigh registers 180°F, about 5 minutes longer.

- ☐
- Transfer duck to platter.

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Nutrition Facts



Properties

Glycemic Index:50.26, Glycemic Load:19.7, Inflammation Score:-9, Nutrition Score:51.967825785927%

Flavonoids

Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 2919.18kcal (145.96%), Fat: 268.98g (413.82%), Saturated Fat: 90.24g (563.99%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 33.82g (12.3%), Sugar: 18.82g (20.91%), Cholesterol: 517.1mg (172.37%), Sodium: 1517.21mg (65.97%), Alcohol: 1.18g (100%), Alcohol %: 0.18% (100%), Protein: 82.64g (165.28%), Vitamin B3: 29.09mg (145.44%), Selenium: 90.06µg (128.65%), Vitamin B1: 1.53mg (101.85%), Iron: 18.08mg (100.47%), Phosphorus: 996.97mg (99.7%), Vitamin B2: 1.57mg (92.11%), Copper: 1.7mg (84.81%), Vitamin B6: 1.34mg (67.19%), Vitamin B5: 6.62mg (66.17%), Zinc: 9.65mg (64.32%), Potassium: 1537.84mg (43.94%), Vitamin K: 38.83µg (36.98%), Vitamin E: 4.86mg (32.39%), Vitamin D: 4.76µg (31.75%), Folate: 123.94µg (30.99%), Vitamin B12: 1.76µg (29.33%), Magnesium: 114.68mg (28.67%), Vitamin C: 22.56mg (27.34%), Vitamin A: 1242.7IU (24.85%), Manganese: 0.35mg (17.42%), Calcium: 131.91mg (13.19%), Fiber: 1.03g (4.11%)