

DINNER

Easy Orange Glaze Duck

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
160 min	10 min	150 min	1	\$5.07	1,456 kcal

Easy Orange Glaze Duck requires around 2 hours and 40 minutes from start to finish. This main course has 1665 calories, 16g of protein, and 4g of fat per serving. This gluten free and dairy free recipe serves 1 and costs \$5.07 per serving.

Ingredients

- ☐ 18 ounce 1/2 honey barbecue sauce
- ☐ 4½ ounce sliced mushrooms, drained
canned
- ☐ 1/3 cup bottled teriyaki sauce
- ☐ 5 pound whole frozen duckling, thawed
- ☐ ¼ cup brown sugar
- ☐ 6 ounce frozen orange juice concentrate,
thawed
canned
- ☐ 5 pound whole frozen duckling, thawed

EQUIPMENT Bowl, Oven, Roasting pan, Kitchen thermometer

Method

- 1

Pour the orange soda, orange juice concentrate, barbecue sauce, brown sugar, and teriyaki sauce into a bowl, and stir to combine and dissolve the sugar.
- 2

Preheat oven to 350 degrees F (175 degrees C).
- 3

Remove any excess pieces of fat from inside the duckling, place the duck into a roasting pan, and prick the skin all over with a fork to allow the fat to drain off while roasting.
- 4

Brush the duckling with the orange mixture.

- 5 Place the mushrooms into the cavity of the duck, and spoon in some of the orange sauce.
- 6 Roast the duck in the preheated oven, brushing it every 20 to 30 minutes with the orange sauce, until a meat thermometer inserted into a thick part of a thigh reads 165 degrees F (75 degrees C), about 2 1/2 hours.

Nutrition per serving

1,456
KCAL

16 g
PROTEIN

4 g
FAT

344 g
CARBS

Saturated Fat	0.4 g · 2% of daily needs
Fibre	9.5 g · 38% of daily needs
Sugar	290 g · 322% of daily needs
Sodium	9,502 mg · 413% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	250 mg · 303% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/easy-orange-glaze-duck-144236