

Faye's Duck Dressing

 Dairy Free

READY IN



195 min.

SERVINGS



8

CALORIES



1038 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 grands flaky refrigerator biscuits prepared chopped
- 1 cornbread crumbled prepared ()
- 1 teaspoon sage dried
- 8 eggs beaten
- 0.5 teaspoon garlic salt
- 1 teaspoon pepper black
- 1 large onion chopped
- 0.5 teaspoon salt

4 pound duck whole

Equipment

bowl

frying pan

oven

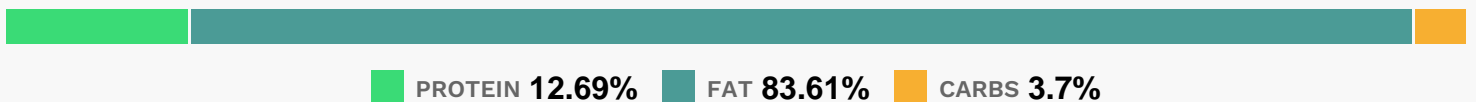
pot

roasting pan

Directions

- Place the duck in a 12-quart stock pot with enough water to cover the duck by 2 to 3 inches. Bring the water to a boil, reduce heat to medium-low, and cook the duck at a simmer until the meat is tender, about 1 hour.
- Remove the duck from the broth, allow to cool, and pull the meat from the bones in bite-sized pieces. Reserve the broth.
- Preheat oven to 375 degrees F (190 degrees C).
- Mix the cornbread crumbs, chopped biscuits, onion, salt, garlic salt, black pepper, and sage in a large roasting pan. Beat the eggs in a bowl; pour over the cornbread mixture.
- Add the chopped duck meat to the pan; stir to mix the dressing thoroughly. Stir the reserved duck broth into the mixture until the dressing is very moist (about the consistency of thick pancake batter).
- Bake in the preheated oven until a spoon inserted into the center of the pan of dressing will stand up, 45 minutes to 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:2.42, Inflammation Score:-5, Nutrition Score:22.4660869474%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 1037.79kcal (51.89%), Fat: 95.46g (146.87%), Saturated Fat: 32.06g (200.35%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 8.89g (3.23%), Sugar: 3.24g (3.6%), Cholesterol: 340.32mg (113.44%), Sodium: 559.42mg (24.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.6g (65.2%), Selenium: 42.7µg (61%), Vitamin B3: 9.29mg (46.47%), Phosphorus: 440.84mg (44.08%), Vitamin B2: 0.71mg (41.87%), Iron: 6.57mg (36.5%), Vitamin B1: 0.51mg (33.69%), Copper: 0.59mg (29.39%), Vitamin B5: 2.92mg (29.17%), Vitamin B6: 0.54mg (26.96%), Zinc: 3.76mg (25.09%), Potassium: 579.99mg (16.57%), Vitamin D: 2.47µg (16.45%), Vitamin B12: 0.98µg (16.26%), Folate: 61.98µg (15.49%), Vitamin E: 2.22mg (14.78%), Vitamin K: 14.13µg (13.46%), Vitamin A: 637.85IU (12.76%), Magnesium: 43.64mg (10.91%), Vitamin C: 7.75mg (9.39%), Manganese: 0.15mg (7.31%), Calcium: 66.17mg (6.62%), Fiber: 0.62g (2.5%)