



Five-Spice Duck with Butternut Squash Ravioli and Broccoli Rabe

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



495 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons five spice powder chinese
- ☐ 8 ounces bacon smoked chopped
- ☐ 1 large bunch broccoli rabe thick trimmed coarsely chopped (rapini)
- ☐ 2 tablespoons butter ()
- ☐ 0.5 teaspoon ground ginger (scant)
- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon olive oil

- ☐ 2 cups cooking wine
- ☐ 9 ounces butternut squash
- ☐ 1.3 teaspoons salt
- ☐ 1 large onion sweet thinly sliced (such as Vidalia or Maui)
- ☐ 10 pound frangelico frozen thawed
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Equipment

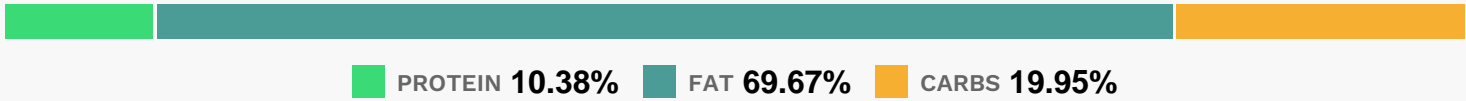
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ aluminum foil

Directions

- ☐ Boil plum wine in heavy medium saucepan until syrupy and reduced to generous 1/3 cup, about 16 minutes. (Can be made 1 day ahead.
- ☐ Let stand at room temperature. Rewarm over low heat before using.)
- ☐ Using heavy large knife, cut each duck lengthwise in half.
- ☐ Cut away backbone.
- ☐ Cut off leg-thigh pieces, then cut off breast pieces; trim excess fat.
- ☐ Remove bones from breast pieces.
- ☐ Transfer leg-thigh pieces and breast pieces to platter (reserve remaining duck trimmings for another use).
- ☐ Preheat oven to 375°F.

- ☐ Mix Chinese five-spice powder, salt, ground black pepper, and ground ginger in small bowl. Rub spice mixture all over duck pieces.
- ☐ Heat olive oil in heavy large ovenproof skillet over medium-high heat.
- ☐ Add leg-thigh pieces and cook until deep brown, about 4 minutes per side. Cover skillet and roast duck in oven until cooked through, about 45 minutes.
- ☐ Transfer duck to plate; cover with foil to keep warm.
- ☐ Heat same skillet over medium-high heat.
- ☐ Add duck breasts to skillet; cook to desired doneness, about 10 minutes per side for medium.
- ☐ Cook ravioli in large pot of boiling salted water until tender but still firm to bite, stirring occasionally.
- ☐ Drain. Cook bacon in heavy large skillet over medium heat until crisp, about 8 minutes.
- ☐ Transfer bacon to paper towels. Discard all but 2 tablespoons drippings in skillet.
- ☐ Add onion to skillet; sauté until tender and golden, about 12 minutes.
- ☐ Add butter, then broccoli rabe and sauté just until broccoli rabe begins to wilt.
- ☐ Add ravioli; stir until heated through. Stir in bacon. Season with salt and pepper. Divide ravioli mixture among 4 plates. Arrange duck leg-thigh pieces atop ravioli. Thinly slice duck breasts and fan out alongside.
- ☐ Drizzle with reduced plum wine syrup and serve.
- ☐ *Plum wine is available at Asian markets, liquor stores, and in the liquor section of some supermarkets.
- ☐ **Chinese five-spice powder is a spice blend that usually contains ground anise, cinnamon, star anise, cloves, and ginger; available in the spice section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.6, Inflammation Score:-10, Nutrition Score:24.232608660408%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 13.29mg, Quercetin: 13.29mg, Quercetin: 13.29mg, Quercetin: 13.29mg

Nutrients (% of daily need)

Calories: 495.09kcal (24.75%), Fat: 32.52g (50.04%), Saturated Fat: 11.71g (73.16%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 16.93g (6.16%), Sugar: 6.73g (7.48%), Cholesterol: 52.47mg (17.49%), Sodium: 1181.49mg (51.37%), Alcohol: 12.48g (100%), Alcohol %: 4% (100%), Protein: 10.9g (21.8%), Vitamin A: 8468.27IU (169.37%), Vitamin K: 130.52µg (124.3%), Manganese: 0.75mg (37.37%), Vitamin C: 29.33mg (35.56%), Vitamin B6: 0.54mg (26.88%), Vitamin B1: 0.36mg (24.09%), Folate: 84.9µg (21.22%), Vitamin B3: 4.15mg (20.77%), Phosphorus: 204.33mg (20.43%), Potassium: 711.12mg (20.32%), Iron: 3.62mg (20.1%), Selenium: 13.29µg (18.98%), Vitamin E: 2.76mg (18.42%), Magnesium: 67.15mg (16.79%), Fiber: 4.03g (16.11%), Calcium: 141.14mg (14.11%), Vitamin B2: 0.19mg (10.98%), Zinc: 1.62mg (10.82%), Vitamin B5: 0.91mg (9.11%), Copper: 0.18mg (8.86%), Vitamin B12: 0.3µg (4.92%), Vitamin D: 0.23µg (1.51%)