



Green Curry Duck and Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



1878 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons firmly brown sugar packed
- ☐ 28 oz coconut milk reduced-fat canned
- ☐ 6 cups chicken broth
- ☐ 1 teaspoon chili flakes hot
- ☐ 1.5 tablespoons curry powder
- ☐ 5 lb duck cut into pieces
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 3 pounds russet potatoes peeled cut into 1 1/2-inch chunks

- ☐ 1 sprigs cilantro and salt
- ☐ 0.3 cup soya sauce (nuoc mam or nam pla)
- ☐ 0.3 cup purchased thai curry paste green

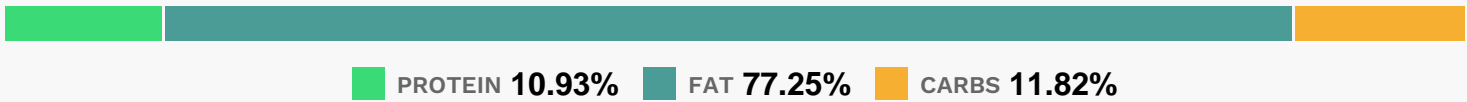
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Simmer duck meat. In a 6- to 8-quart pan, combine duck, broth, and 2 tablespoons curry paste. Cover pan and bring to a boil over high heat. Simmer until leg meat is tender enough to pull from bones, about 2 hours. Lift out duck and let cool to touch. Skim and discard fat from broth. Reserve 1 1/4 cups broth; use remainder for other dishes. Pull meat from bones; discard fat, skin, and bones. Tear meat into bite-size pieces. If making up to 2 days ahead, cover broth and meat airtight and chill.
- ☐ Make green curry sauce. In a 5- to 6-quart pan, mix the 1 1/4 cups duck broth, remaining curry paste, coconut milk, fish sauce, sugar, curry powder, and chili flakes. Bring to boiling on high heat, then add potatoes. Cover and simmer until potatoes are tender when pierced, about 40 minutes.
- ☐ Add duck meat and simmer gently until hot, 5 to 10 minutes. Stir in minced cilantro. Ladle into wide bowls, garnish with cilantro sprigs, and add salt to taste.

Nutrition Facts



Properties

Glycemic Index:20.29, Glycemic Load:32.25, Inflammation Score:-9, Nutrition Score:42.711304374363%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 1877.87kcal (93.89%), Fat: 159.41g (245.24%), Saturated Fat: 59.32g (370.76%), Carbohydrates: 54.89g (18.3%), Net Carbohydrates: 50.82g (18.48%), Sugar: 9.59g (10.66%), Cholesterol: 291.98mg (97.33%), Sodium: 2063.47mg (89.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.73g (101.46%), Vitamin B3: 18.06mg (90.3%), Vitamin B6: 1.57mg (78.33%), Selenium: 50µg (71.43%), Iron: 12.16mg (67.55%), Phosphorus: 667.02mg (66.7%), Vitamin B1: 0.99mg (65.75%), Vitamin B2: 1.02mg (60.07%), Copper: 1.19mg (59.28%), Vitamin A: 2871.91IU (57.44%), Potassium: 1847mg (52.77%), Vitamin B5: 4.32mg (43.25%), Zinc: 6.06mg (40.42%), Magnesium: 133.15mg (33.29%), Manganese: 0.63mg (31.39%), Vitamin C: 25.02mg (30.32%), Vitamin K: 28.79µg (27.42%), Folate: 88.7µg (22.17%), Vitamin E: 3.24mg (21.58%), Vitamin D: 2.65µg (17.64%), Vitamin B12: 1.04µg (17.31%), Fiber: 4.07g (16.27%), Calcium: 116.76mg (11.68%)