



Honey-Basted Duck with Balsamic Lentils



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

SIDE DISH

Ingredients

- ☐ 1 cup balsamic vinegar
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 0.5 cup carrots finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 2 cups petite green lentils
- ☐ 2 teaspoons thyme leaves fresh chopped

- ☐ 2 garlic cloves peeled
- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon herbs de provence dried
- ☐ 0.5 cup honey
- ☐ 1 teaspoon olive oil
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 shallots peeled cut in half
- ☐ 1 cup shallots finely chopped
- ☐ 1 tablespoon teaspoon thyme dried fresh chopped
- ☐ 4 cups water
- ☐ 10 pound ducks whole
- ☐ 10 pound ducks whole

Equipment

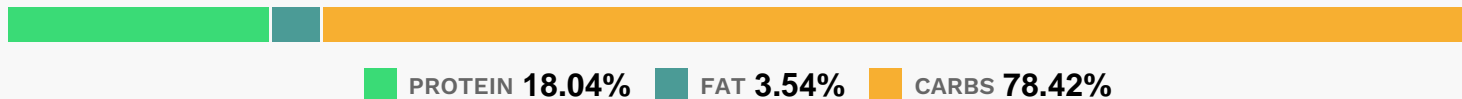
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ To prepare duck, combine first 5 ingredients.
- ☐ Remove and discard giblets and neck from ducks.
- ☐ Cut off wing tips. Rinse ducks with cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Rub herb mixture under loosened skin; rub over breast and drumsticks. Cover and refrigerate 8 hours or overnight.

- ☐ Preheat oven to 32
- ☐ Combine the honey, 1 tablespoon herbes de Provence, and 2 tablespoons vinegar; set aside.
- ☐ Score duck skin several times with a paring knife (do not cut into meat).
- ☐ Place ducks in a roasting pan, breast side up. Cover pan tightly with foil.
- ☐ Bake at 325 for 1 1/2 hours. Carefully remove ducks from pan.
- ☐ Drain and discard drippings from pan. Carefully place ducks in pan, breast side down. Cover and bake at 325 for 1 1/2 hours.
- ☐ Carefully remove ducks from pan, and discard the drippings. Cool the ducks slightly.
- ☐ Remove and discard skin. Carefully place ducks in pan, breast side up. Baste with honey mixture.
- ☐ Bake, uncovered, at 325 for 30 minutes, basting every 10 minutes.
- ☐ Let stand 10 minutes. Reserve drumsticks.
- ☐ Remove remaining meat from bones; discard bones.
- ☐ To prepare lentils, stud the shallot halves with cloves.
- ☐ Combine shallot halves, water, lentils, and 2 garlic cloves in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until lentils are tender.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Drain and discard shallot halves.
- ☐ Bring 1 cup vinegar to a boil in a small saucepan. Cook until reduced to 1/4 cup (about 10 minutes). Stir in mustard and 1/4 teaspoon salt; set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chopped shallots, carrot, 2 teaspoons thyme, and 1/4 teaspoon pepper; saut 3 minutes.
- ☐ Add shallot mixture and mustard mixture to lentils; toss well.
- ☐ Place lentils on a platter. Arrange drumsticks around lentils; top lentils with pulled meat.
- ☐ Garnish with thyme sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:66.21, Glycemic Load:17.55, Inflammation Score:-10, Nutrition Score:19.773478590924%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 304.78kcal (15.24%), Fat: 1.21g (1.86%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 60.4g (20.13%), Net Carbohydrates: 43.81g (15.93%), Sugar: 26.74g (29.71%), Cholesterol: 0mg (0%), Sodium: 412.16mg (17.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.79%), Fiber: 16.59g (66.37%), Folate: 245.25µg (61.31%), Manganese: 0.98mg (49.2%), Vitamin B1: 0.46mg (30.34%), Iron: 5.36mg (29.79%), Vitamin A: 1445.41IU (28.91%), Phosphorus: 254.81mg (25.48%), Vitamin B6: 0.42mg (21.09%), Magnesium: 77.94mg (19.48%), Potassium: 674.74mg (19.28%), Zinc: 2.63mg (17.52%), Copper: 0.34mg (17.2%), Vitamin K: 13.57µg (12.93%), Vitamin B5: 1.19mg (11.89%), Vitamin C: 8.35mg (10.12%), Selenium: 5.51µg (7.87%), Calcium: 78.44mg (7.84%), Vitamin B2: 0.13mg (7.84%), Vitamin B3: 1.5mg (7.5%), Vitamin E: 0.42mg (2.83%)