

Honey Duck

 Gluten Free

READY IN



200 min.

SERVINGS



8

CALORIES



1177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 teaspoon basil leaves fresh chopped
- ☐ 1 teaspoon ginger root fresh chopped
- ☐ 1 cup honey
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cranberry-orange relish quartered
- ☐ 0.5 cup orange juice concentrate undiluted thawed
- ☐ 1 teaspoon salt

- ☐ 2 cups water
- ☐ 4 pound duck whole rinsed

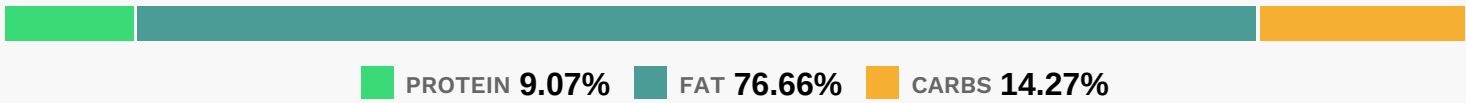
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a small bowl mix together mix together the basil, ginger and salt and sprinkle mixture on inside and outside of duck. Stuff duck with orange quarters and lay in roaster.
- ☐ Add water.
- ☐ In a small saucepan combine the honey, butter, lemon juice and orange juice concentrate. Simmer together over low heat until syrupy; pour a little of the mixture over the duck, saving the rest for basting. Cover roaster.
- ☐ Bake/roast ducks in preheated oven for 30 minutes. Turn duck breast down, reduce heat to 300 degrees F (150 degrees C) and roast covered for another 2 to 2 1/2 hours, or until very tender. If desired, turn duck breast up during last few minutes of cooking, to brown.

Nutrition Facts



Properties

Glycemic Index:28.72, Glycemic Load:18.55, Inflammation Score:-6, Nutrition Score:20.604782762735%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg, Hesperetin: 2.32mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1177.26kcal (58.86%), Fat: 100.79g (155.05%), Saturated Fat: 37.29g (233.05%), Carbohydrates: 42.23g (14.08%), Net Carbohydrates: 41.76g (15.19%), Sugar: 40.86g (45.4%), Cholesterol: 202.87mg (67.62%), Sodium: 530.73mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.82g (53.63%), Vitamin B3: 9.2mg (45.99%), Vitamin C: 36.91mg (44.74%), Selenium: 28.72µg (41.03%), Vitamin B1: 0.5mg (33.58%), Phosphorus: 332.46mg (33.25%), Iron: 5.7mg (31.64%), Vitamin B2: 0.53mg (31.28%), Copper: 0.58mg (28.75%), Vitamin B6: 0.49mg (24.66%), Vitamin B5: 2.32mg (23.22%), Zinc: 3.23mg (21.55%), Potassium: 627.69mg (17.93%), Vitamin A: 821.95IU (16.44%), Vitamin E: 2.04mg (13.6%), Vitamin K: 13.59µg (12.94%), Folate: 47.04µg (11.76%), Magnesium: 42.93mg (10.73%), Vitamin D: 1.59µg (10.58%), Vitamin B12: 0.59µg (9.85%), Calcium: 42.97mg (4.3%), Manganese: 0.08mg (4.23%), Fiber: 0.47g (1.86%)