



Honey-mustard glazed duck



Gluten Free



Dairy Free

READY IN



170 min.

SERVINGS



2

CALORIES



642 kcal

SIDE DISH

Ingredients

- ☐ 5 oz duck
- ☐ 1 tsp unrefined sunflower oil
- ☐ 2 tsp five spice powder
- ☐ 200 g clear honey
- ☐ 2 tbsp soya sauce dark
- ☐ 2 tsp sherry dry
- ☐ 2 tsp dijon mustard

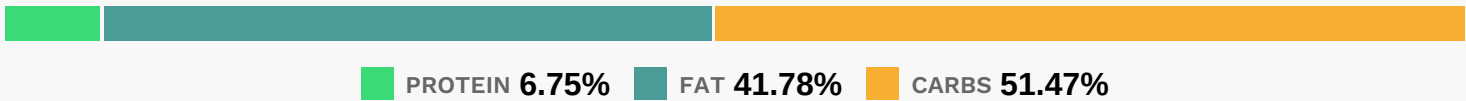
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ oven

Directions

- ☐ About an hour before cooking, take the duck out of the fridge to come to room temperature.
- ☐ Heat oven to 140C/ 120C fan/gas
- ☐ Pull out and discard any large lumps of fat from inside the duck, then rub it all over with some salt, the oil and five-spice powder. Sit the duck in a roasting tin, then roast for 2 hrs.
- ☐ For the glaze, mix the honey, soy, Sherry and mustard in a bowl. When the duck has had its time, remove it from the oven, pour off any fat from the tin and baste generously with the glaze. Turn the oven up to 190C/170C fan/gas 5 and roast the duck for a further 20 mins until sticky and bronzed.
- ☐ Remove the duck to a clean dish to catch any juices and allow it to rest for at least 20 mins before serving.
- ☐ To make a simple gravy, pour the juices from the roasting tin into a jug or bowl and leave to settle. Use a ladle to remove the fat from the juices, then tip the juices back into the saucepan and reheat to serve.

Nutrition Facts



Properties

Glycemic Index:59.64, Glycemic Load:43.2, Inflammation Score:-2, Nutrition Score:9.2439130492832%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 641.65kcal (32.08%), Fat: 30.95g (47.62%), Saturated Fat: 9.63g (60.18%), Carbohydrates: 85.8g (28.6%), Net Carbohydrates: 84.66g (30.78%), Sugar: 82.53g (91.69%), Cholesterol: 53.86mg (17.95%), Sodium: 1110.02mg

(48.26%), Alcohol: 0.51g (100%), Alcohol %: 0.32% (100%), Protein: 11.26g (22.51%), Iron: 4.12mg (22.89%), Vitamin B3: 3.78mg (18.88%), Selenium: 11.64µg (16.62%), Manganese: 0.3mg (15.03%), Phosphorus: 149.81mg (14.98%), Vitamin B2: 0.23mg (13.52%), Copper: 0.27mg (13.39%), Vitamin B1: 0.17mg (11.57%), Vitamin B6: 0.23mg (11.33%), Zinc: 1.51mg (10.08%), Vitamin E: 1.44mg (9.59%), Potassium: 306.98mg (8.77%), Vitamin B5: 0.86mg (8.59%), Magnesium: 29.53mg (7.38%), Calcium: 46.84mg (4.68%), Fiber: 1.14g (4.57%), Vitamin C: 3.34mg (4.05%), Vitamin K: 4.11µg (3.92%), Folate: 15.25µg (3.81%), Vitamin D: 0.5µg (3.31%), Vitamin B12: 0.18µg (2.95%), Vitamin A: 135.06IU (2.7%)