



 **100%**  
HEALTH SCORE

## Orange / Gingered Duck Pieces

 **Gluten Free**  **Very Healthy**

READY IN



**110 min.**

SERVINGS



**4**

CALORIES



**3468 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon balsamic vinegar
- 2 bay leaves
- 1 cup buttermilk
- 3 medium carrots cut in 3 inch angled pieces
- 3 rib celery stalks cut in 3 inch lengths
- 4 servings coarse salt
- 1 teaspoon cornstarch
- 4 duck fat removed

- 4 tablespoons ginger fresh grated
- 3 sage fresh for garnish
- 4 sage fresh
- 4 servings salt and pepper fresh
- 4 mushrooms quartered
- 2 tablespoons olive oil
- 4 servings orange juice
- 1 large orange zest
- 4 servings bell pepper freshly grated
- 0.5 cup red wine
- 1 large onion sweet quartered
- 2 medium sweet potatoes and into cut in 1 inch cubes
- 2 tablespoons water cold
- 3 allspice whole

## Equipment

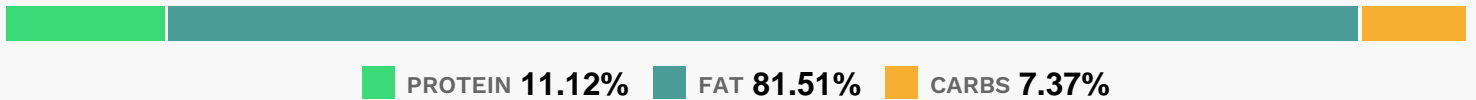
- frying pan
- mortar and pestle

## Directions

- Remove skin and all visible fat from duck legs and thighs; cut thighs off legs to make 8 pieces.
- Place sage, orange zest, balsamic vinegar, grated ginger, allspice, coarse salt and pepper in mortar and grind with pestle to form a paste, add a little olive oil only if necessary. Rub paste all over duck pieces; place in a zip lock bag, push air out and seal, refrigerate for 3 or 4 hours.
- Heat oil in a large nonstick frypan, brown duck pieces on all sides, about 8 minutes. Reserve any moisture and spices left in zip lock bag.
- Remove duck to platter and keep warm.
- Add to frypan, bay leaves, mushrooms, carrots, celery, sweet onion and sweet potatoes; saute until the veggies start to caramelize, 15 to 20 minutes on medium heat.

- Add red wine to veggies and deglaze pan, add reserved orange juice; stir; slowly add buttermilk while stirring.
- Add reserved juices and spices left in zip lock bag to pan and return duck pieces to pan with any accumulated juices. Spoon veggies and juices over duck pieces, bring to boil, reduce heat and simmer covered for 45 minutes, remove cover, increase heat to medium high and reduce liquid until it starts to thicken slightly; about 15 minutes. Adjust seasoning, add salt and pepper to taste. (If you wish you may add a slurry of 1 teaspoon cornstarch and 2 tablespoons cold water; add to pan and bring to boil to thicken).
- Remove duck pieces to platter; surround with veggies and drizzle with gravy.
- Roll sage leaves and cut into strips, sprinkle over platter to garnish. Very good served over Buttermilk biscuits.

## Nutrition Facts



### Properties

Glycemic Index: 94.71, Glycemic Load: 24.31, Inflammation Score: -10, Nutrition Score: 71.689130202584%

### Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 20.5mg, Hesperetin: 20.5mg, Hesperetin: 20.5mg, Hesperetin: 20.5mg Naringenin: 4.17mg, Naringenin: 4.17mg, Naringenin: 4.17mg, Naringenin: 4.17mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

### Nutrients (% of daily need)

Calories: 3468.32kcal (173.42%), Fat: 310.48g (477.66%), Saturated Fat: 103.26g (645.36%), Carbohydrates: 63.16g (21.05%), Net Carbohydrates: 55.13g (20.05%), Sugar: 32.69g (36.32%), Cholesterol: 587.24mg (195.75%), Sodium: 1042.27mg (45.32%), Alcohol: 3.18g (100%), Alcohol %: 0.29% (100%), Protein: 95.35g (190.7%), Vitamin A: 27750.31IU (555.01%), Vitamin C: 216.06mg (261.89%), Vitamin B3: 33.58mg (167.91%), Selenium: 100.36µg (143.37%), Phosphorus: 1280.98mg (128.1%), Vitamin B1: 1.9mg (126.82%), Copper: 2.45mg (122.37%), Vitamin B2: 2.03mg (119.38%), Iron: 20.47mg (113.72%), Vitamin B6: 2.22mg (111.04%), Vitamin B5: 9.5mg (95.02%), Potassium: 2945.69mg (84.16%), Zinc: 11.63mg (77.56%), Folate: 233.5µg (58.38%), Vitamin K: 58.9µg (56.1%), Vitamin E: 8.29mg (55.23%), Magnesium: 199.44mg (49.86%), Vitamin D: 6.17µg (41.12%), Manganese: 0.75mg (37.25%), Vitamin B12: 2.19µg (36.57%), Fiber: 8.03g (32.12%), Calcium: 254.76mg (25.48%)