



Orange-Glazed Ducks



Vegetarian



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



12

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 2 carrots quartered
- ☐ 2 rib celery quartered
- ☐ 0.3 teaspoon ground ginger
- ☐ 3 tablespoons honey
- ☐ 12 servings garnishes: kumquats fresh whole
- ☐ 1 tablespoon juice of lemon
- ☐ 2 small onions quartered
- ☐ 0.3 cup orange juice

- ☐ 12 oz orange marmalade
- ☐ 2 small oranges quartered
- ☐ 3 parsley sprigs
- ☐ 2.3 teaspoons pepper
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2.3 teaspoons salt
- ☐ 12 servings kitchen string
- ☐ 12 lb ducks whole
- ☐ 12 lb ducks whole

Equipment

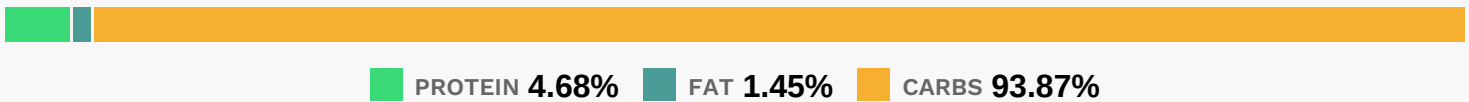
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ kitchen twine

Directions

- ☐ Remove giblet packages from ducks, and reserve for another use. Rinse ducks, and pat dry.
- ☐ Remove excess fat and skin. Rub ducks evenly with salt and pepper. Squeeze juice from 1 orange quarter into each duck cavity. Fill duck cavities with remaining orange quarters, onions, carrots, celery, and parsley sprigs. Prick legs and thighs with a fork, avoiding breast area.
- ☐ Place ducks, breast sides up, on a wire rack in an aluminum foil-lined shallow roasting pan. Tie legs together with kitchen string.
- ☐ Stir together orange marmalade and next 5 ingredients in a small saucepan. Cook mixture over medium heat, stirring constantly, 2 to 3 minutes or until orange marmalade is melted.
- ☐ Remove and reserve 3/4 cup mixture.

- ☐ Bake ducks at 350 for 1 1/2 hours; brush evenly with orange sauce, and bake 25 to 30 more minutes or until a meat thermometer inserted into thickest portion of thigh registers 18
- ☐ Garnish, if desired.
- ☐ Serve with reserved 3/4 cup orange mixture.
- ☐ Orange-Glazed Hens: Substitute 3 (5- to 7-lb.) whole chickens for ducks. Do not prick chickens. Proceed as directed.
- ☐ Bake at 350 for 1 1/2 hours; brush evenly with orange glaze, and bake 30 more minutes.
- ☐ Brush with orange glaze; shield with aluminum foil.
- ☐ Bake 15 minutes or until a meat thermometer inserted into thickest portion of thigh registers 17
- ☐ Garnish, if desired.
- ☐ Serve with reserved 3/4 cup orange mixture.

Nutrition Facts



Properties

Glycemic Index:30.22, Glycemic Load:4.86, Inflammation Score:-9, Nutrition Score:8.0465218347052%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg Naringenin: 3.15mg, Naringenin: 3.15mg, Naringenin: 3.15mg, Naringenin: 3.15mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 123.73kcal (6.19%), Fat: 0.22g (0.34%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 29.23g (10.63%), Sugar: 26.16g (29.06%), Cholesterol: 0mg (0%), Sodium: 464.1mg (20.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.19%), Vitamin A: 2181.29IU (43.63%), Vitamin K: 29.85µg (28.43%), Vitamin C: 21.92mg (26.57%), Manganese: 0.23mg (11.43%), Fiber: 2.77g (11.06%), Folate: 32.25µg (8.06%), Potassium: 229.53mg (6.56%), Vitamin B6: 0.13mg (6.37%), Vitamin B1: 0.08mg (5.24%), Magnesium: 20.2mg (5.05%), Vitamin B2: 0.09mg (5.05%), Calcium: 47.67mg (4.77%), Copper: 0.09mg (4.57%), Iron: 0.79mg (4.41%),

Phosphorus: 33.57mg (3.36%), Vitamin B3: 0.63mg (3.13%), Vitamin E: 0.37mg (2.46%), Vitamin B5: 0.23mg (2.34%), Zinc: 0.23mg (1.51%), Selenium: 0.75µg (1.07%)