



Roast Duck with Cherry Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- 1 carrots quartered
- 1 stalk celery halved
- 1 leaf garnishes: cherries fresh
- 4 servings cherry sauce
- 2 sprigs parsley fresh
- 1 small onion quartered
- 1 small cranberry-orange relish quartered
- 0.3 teaspoon pepper freshly ground

- 0.5 teaspoon salt
- 5 pound dressed duckling
- 5 pound dressed duckling

Equipment

- paper towels
- oven
- roasting pan
- kitchen thermometer
- skewers

Directions

- Remove giblets and neck from duckling; reserve for another use. Rinse duckling thoroughly with cold water; pat dry with paper towels.
- Rub 1 orange quarter over skin and inside cavity of duckling.
- Place remaining orange quarters, 2 parsley sprigs, and next 3 ingredients in cavity of duckling; close cavity with skewers. Tie ends of legs together with string. Lift wingtips up and over back, and tuck under duckling.
- Sprinkle with salt and pepper.
- Place duckling on a rack in a shallow roasting pan breast side up. Insert meat thermometer into meaty portion of thigh, making sure it does not touch bone.
- Bake, uncovered, at 425 for 45 minutes. Reduce oven temperature to 400; bake 35 minutes or until meat thermometer registers 18
- Turn duckling often during baking for more even browning and crisping of skin, if desired.
- Transfer duckling to a serving platter; let stand 10 minutes before carving.
- Garnish, if desired.
- Serve with Cherry Sauce.

Nutrition Facts



■ PROTEIN 6.74% ■ FAT 2.75% ■ CARBS 90.51%

Properties

Glycemic Index:69.21, Glycemic Load:6.16, Inflammation Score:-9, Nutrition Score:8.6552173313887%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Hesperetin: 6.61mg, Hesperetin: 6.61mg, Hesperetin: 6.61mg, Hesperetin: 6.61mg Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg, Naringenin: 3.72mg Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg, Quercetin: 6.94mg

Nutrients (% of daily need)

Calories: 114.74kcal (5.74%), Fat: 0.39g (0.6%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 28.77g (9.59%), Net Carbohydrates: 24.31g (8.84%), Sugar: 21.79g (24.21%), Cholesterol: 0mg (0%), Sodium: 310.21mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin A: 2779.88IU (55.6%), Vitamin C: 25.87mg (31.36%), Fiber: 4.45g (17.82%), Vitamin K: 16.36µg (15.58%), Potassium: 459.53mg (13.13%), Manganese: 0.18mg (8.81%), Vitamin B6: 0.13mg (6.67%), Folate: 23.48µg (5.87%), Copper: 0.11mg (5.74%), Magnesium: 22.98mg (5.74%), Vitamin B1: 0.08mg (5.31%), Phosphorus: 46.1mg (4.61%), Vitamin B2: 0.08mg (4.46%), Vitamin B5: 0.43mg (4.31%), Calcium: 42.38mg (4.24%), Iron: 0.68mg (3.76%), Vitamin B3: 0.49mg (2.47%), Vitamin E: 0.28mg (1.85%), Zinc: 0.2mg (1.35%)