



WHATSheATE



Roast Duck with Orange Sauce



Gluten Free



Dairy Free

READY IN



190 min.

SERVINGS



1

CALORIES



428 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons cornstarch
- ☐ 0.1 teaspoon ground mustard
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cranberry-orange relish peeled
- ☐ 0.5 cup orange juice
- ☐ 2 teaspoons orange zest grated
- ☐ 1 tablespoon pear liqueur orange-flavored
- ☐ 0.3 cup currant jelly

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon water cold
- ☐ 4 pounds frangelico
- ☐ 4 pounds frangelico

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ skewers

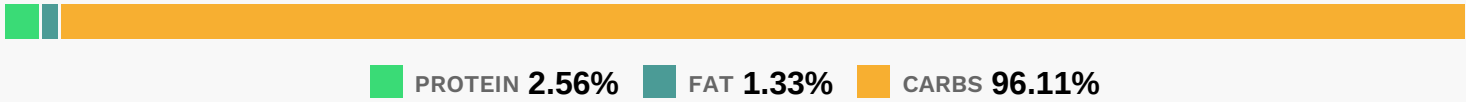
Directions

- ☐ Heat oven to 350°F.
- ☐ Fasten neck skin of duckling to back with skewers. Fold wings across back with tips touching.
- ☐ Place duckling, breast side up, on rack in shallow roasting pan. Pierce skin all over with fork. Loosely tie legs to the tail, if desired, to better hold even shape during cooking. Insert meat thermometer so tip is in thickest part of inside thigh muscle and does not touch bone.
- ☐ Roast uncovered about 2 hours 30 minutes or until thermometer reads 180°F and juice is no longer pink when center of thigh is cut.
- ☐ Place tent of aluminum foil loosely over breast during last hour to prevent excessive browning.
- ☐ Place duckling on heated platter.
- ☐ Let stand 15 minutes for easier carving.
- ☐ Heat orange peel, orange juice, jelly, lemon juice, mustard and salt to boiling in 1-quart saucepan.
- ☐ Mix water and cornstarch; stir into sauce. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute.
- ☐ Stir in orange sections and liqueur.

- ☐
- Brush duckling with some of the orange sauce.

☐

Nutrition Facts



Properties

Glycemic Index:149.5, Glycemic Load:43.51, Inflammation Score:-8, Nutrition Score:11.629130456759%

Flavonoids

Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 52.69mg, Hesperetin: 52.69mg, Hesperetin: 52.69mg Naringenin: 22.93mg, Naringenin: 22.93mg, Naringenin: 22.93mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 427.94kcal (21.4%), Fat: 0.6g (0.92%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 97.57g (32.52%), Net Carbohydrates: 92.72g (33.72%), Sugar: 70.04g (77.82%), Cholesterol: 0mg (0%), Sodium: 320.45mg (13.93%), Alcohol: 5.97g (100%), Alcohol %: 1.93% (100%), Protein: 2.6g (5.2%), Vitamin C: 150.43mg (182.35%), Folate: 90.46µg (22.61%), Fiber: 4.85g (19.41%), Vitamin B1: 0.25mg (16.64%), Potassium: 576.48mg (16.47%), Vitamin A: 560.53IU (11.21%), Copper: 0.21mg (10.52%), Vitamin B2: 0.16mg (9.45%), Calcium: 91.74mg (9.17%), Magnesium: 33.09mg (8.27%), Vitamin B6: 0.16mg (8.01%), Vitamin B5: 0.62mg (6.21%), Phosphorus: 60.07mg (6.01%), Iron: 0.88mg (4.88%), Vitamin B3: 0.96mg (4.79%), Manganese: 0.09mg (4.72%), Selenium: 3.14µg (4.48%), Vitamin E: 0.43mg (2.88%), Zinc: 0.24mg (1.61%)