



Roast Duck with Prunes and Wine-Braised Cabbage

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

READY IN



45 min.

SERVINGS



4

CALORIES



2966 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter ()
- 1 cinnamon sticks
- 3 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 1.8 cups wine dry red
- 5.3 pound duck
- 1 apples i use 2 granny smith apples cored halved sliced
- 0.5 cranberry-orange relish sliced

- 26 large prune- cut to pieces pitted
- 6 cups cabbage red thinly sliced (from half of large head)
- 0.5 cup red wine vinegar
- 0.3 cup sugar

Equipment

- frying pan
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil

Directions

- Melt butter in heavy large saucepan over medium heat.
- Add cabbage; sauté 2 minutes.
- Add 2 cups juice, 1 cup wine, vinegar, sugar, orange and cinnamon. Simmer until cabbage is tender and almost all liquid has evaporated, stirring occasionally, about 1 hour. Discard orange. Season to taste with salt and pepper. (Cabbage can be made 1 day ahead. Cool slightly. Refrigerate uncovered until cool, then cover and chill.)
- Preheat oven to 450°F.
- Place duck on rack in roasting pan.
- Place 10 prunes and apple in duck cavity.
- Sprinkle duck with salt and pepper. Roast duck 25 minutes. Reduce oven temperature to 350°F. Continue roasting until meat thermometer inserted into thickest part of thigh registers 160°F, about 1 hour 15 minutes.
- Meanwhile, combine remaining 1 cup juice and 16 prunes in heavy medium saucepan. Cook over medium heat until prunes absorb almost all liquid, stirring occasionally, about 10 minutes.
- Transfer duck to platter. Tent with foil to keep warm.
- Pour off fat from pan.

- Add remaining 3/4 cup wine to roasting pan, set over medium heat and bring to boil, scraping up any browned bits.
- Add wine mixture to prune mixture; simmer until sauce is reduced to 1 cup, about 4 minutes.
- Bring cabbage to simmer, tossing occasionally. Slice duck; arrange on plates. Spoon prune sauce over.
- Serve cabbage alongside.

Nutrition Facts



■ **PROTEIN 10.05%**
 ■ **FAT 76.37%**
 ■ **CARBS 13.58%**

Properties

Glycemic Index:79.15, Glycemic Load:36.87, Inflammation Score:-10, Nutrition Score:63.506956846818%

Flavonoids

Cyanidin: 281.3mg, Cyanidin: 281.3mg, Cyanidin: 281.3mg, Cyanidin: 281.3mg Petunidin: 3.49mg, Petunidin: 3.49mg, Petunidin: 3.49mg, Petunidin: 3.49mg Delphinidin: 4.55mg, Delphinidin: 4.55mg, Delphinidin: 4.55mg, Delphinidin: 4.55mg Malvidin: 27.55mg, Malvidin: 27.55mg, Malvidin: 27.55mg, Malvidin: 27.55mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1.95mg, Peonidin: 1.95mg, Peonidin: 1.95mg, Peonidin: 1.95mg Catechin: 8.68mg, Catechin: 8.68mg, Catechin: 8.68mg, Catechin: 8.68mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 14.62mg, Epicatechin: 14.62mg, Epicatechin: 14.62mg, Epicatechin: 14.62mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 2966.04kcal (148.3%), Fat: 246.57g (379.34%), Saturated Fat: 86.12g (538.24%), Carbohydrates: 98.71g (32.9%), Net Carbohydrates: 89.15g (32.42%), Sugar: 71.6g (79.56%), Cholesterol: 482.96mg (160.99%), Sodium: 510.49mg (22.2%), Alcohol: 11.02g (100%), Alcohol %: 1.16% (100%), Protein: 72.98g (145.97%), Vitamin C: 121.79mg (147.62%), Vitamin K: 134.36µg (127.96%), Vitamin B3: 25.48mg (127.39%), Selenium: 75.33µg (107.62%), Phosphorus: 950.74mg (95.07%), Iron: 16.72mg (92.9%), Vitamin B2: 1.52mg (89.61%), Vitamin B1: 1.33mg (88.76%), Copper: 1.74mg (87.06%), Vitamin B6: 1.67mg (83.62%), Vitamin A: 3501.61IU (70.03%), Potassium: 2287.97mg (65.37%), Vitamin B5: 6.22mg (62.2%), Zinc: 8.93mg (59.56%), Vitamin E: 7.33mg (48.88%), Manganese: 0.81mg (40.35%), Magnesium: 154.61mg (38.65%), Fiber: 9.56g (38.23%), Folate: 112.68µg (28.17%), Vitamin D: 4.17µg

(27.78%), Vitamin B12: 1.51µg (25.21%), Calcium: 192.06mg (19.21%)