



## Roast Duckling With Sweet-and-Sour Cabbage

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

### Ingredients

- 1 bay leaf
- 2 tablespoons brown sugar
- 12 bottled chestnuts peeled
- 1 cup golden delicious apple peeled chopped
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground coriander
- 1 teaspoon juniper berries crushed
- 0.3 cup low-salt chicken broth

- 0.5 cup onion minced
- 0.8 teaspoon pepper divided
- 3 cups cabbage shredded red
- 2 tablespoons red wine vinegar
- 4 cups rock salt
- 1.5 teaspoons salt divided
- 1 teaspoon vegetable oil
- 4 pound domestic duckling fresh thawed cleaned ( and )
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## Equipment

- bowl
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- aluminum foil
- microwave

## Directions

- Preheat oven to 45
- Remove giblets and neck from duckling; reserve for another use. Rinse duckling under cold water; pat dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, and gently pushing hand between skin and meat.
- Combine 1/2 teaspoon salt, 1/2 teaspoon pepper, coriander, and allspice.
- Sprinkle spice mixture under loosened skin. Tie ends of legs together with cord. Lift wing tips up and over back; tuck under duckling.
- Spread rock salt evenly in bottom of a shallow roasting pan.
- Place duckling, breast side up, on rock salt. Pierce skin several times with a meat fork. Insert meat thermometer into meaty part of thigh, making sure not to touch bone.

- Bake at 450 for 50 minutes or until thermometer reaches 18
- Cover duckling loosely with foil; let stand 10 minutes. Discard skin before serving.
- Prepare cabbage mixture while duckling roasts. Soak chestnuts in a bowl of water for 30 minutes.
- Drain.
- Cut a slit in the shell on the rounded side of the chestnut. (Make sure slit goes the whole way through shell. If not, they will explode.) Arrange chestnuts in a single layer on a microwave-safe plate. Microwave at high 2 minutes. Cool 5 minutes; peel. Chop chestnuts; set aside.
- Heat oil in a medium saucepan over medium heat.
- Add onion; saut 3 minutes.
- Add cabbage, apple, sugar, vinegar, and bay leaf; cover, reduce heat to low, and cook 5 minutes. Stir in chestnuts, broth, juniper berries, 1 teaspoon salt, and 1/4 teaspoon pepper; cook, uncovered, 10 minutes, stirring occasionally. Discard bay leaf.
- Serve with duckling.

## Nutrition Facts

■ PROTEIN **5.91%** ■ FAT **12.46%** ■ CARBS **81.63%**

### Properties

Glycemic Index:49.75, Glycemic Load:8.98, Inflammation Score:-7, Nutrition Score:10.953478289687%

### Flavonoids

Cyanidin: 140.06mg, Cyanidin: 140.06mg, Cyanidin: 140.06mg, Cyanidin: 140.06mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg, Quercetin: 5.45mg

### Nutrients (% of daily need)

Calories: 138.5kcal (6.92%), Fat: 1.98g (3.05%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 29.24g (9.75%), Net Carbohydrates: 26.49g (9.63%), Sugar: 12.38g (13.76%), Cholesterol: 0mg (0%), Sodium: 114072.43mg (4959.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin C: 49.86mg (60.43%), Manganese: 0.65mg (32.36%), Vitamin K: 28.82µg (27.45%), Vitamin A: 772.77IU (15.46%), Vitamin B6: 0.27mg (13.71%), Calcium: 123.24mg (12.32%), Copper: 0.24mg (12.11%), Potassium: 402.64mg (11.5%), Iron: 2.04mg (11.32%), Fiber: 2.75g (11.01%), Folate: 31.63µg (7.91%), Magnesium: 27.57mg (6.89%), Vitamin B1: 0.1mg (6.34%), Phosphorus: 45.72mg (4.57%), Zinc: 0.65mg (4.33%), Vitamin B3: 0.84mg (4.18%), Vitamin B2: 0.07mg (4.1%), Vitamin B5: 0.28mg (2.79%), Vitamin E: 0.23mg (1.53%), Selenium: 0.96µg (1.37%)