



Roasted Duck with Orange Ginger Glaze

READY IN



210 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 16 ounces chicken stock see
- ☐ 1 tablespoon cider vinegar
- ☐ 2 tablespoons cooking wine dry white
- ☐ 2 tablespoons freshly ginger chopped
- ☐ 2 ounces orange juice
- ☐ 2 oranges
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon water

- ☐ 2 pound duckling
- ☐ 2 pound duckling

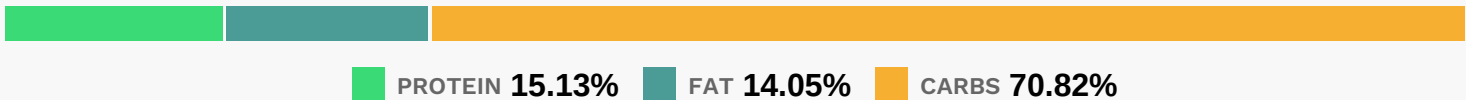
Equipment

- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Begin by placing the duck breast side up on a baking rack. Season with the salt and pepper, and roast until the juices run barely pink, about 45 minutes.
- ☐ Remove the duckling from the pan and set it aside.
- ☐ Degrease the pan drippings by skimming off the top layer.
- ☐ To prepare the sauce, combine the sugar and water and caramelize carefully.
- ☐ Add the wine, vinegar, orange juice and ginger.
- ☐ Mix them well and reduce by half.
- ☐ Add the stock and bring to a boil.
- ☐ Add the pan drippings, reduce the heat and simmer until sauce reduces by half. Once sauce is done, strain it through a cheesecloth or fine strainer and set aside.
- ☐ To serve, place the duckling on a large serving tray.
- ☐ Add the orange segments on top and around the duck, and pour the sauce over the duck.

Nutrition Facts



Properties

Glycemic Index:58.65, Glycemic Load:5.59, Inflammation Score:-4, Nutrition Score:6.0530435002368%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 19.57mg, Hesperetin: 19.57mg, Hesperetin: 19.57mg, Hesperetin: 19.57mg Naringenin: 10.37mg, Naringenin: 10.37mg, Naringenin: 10.37mg, Naringenin: 10.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 99.27kcal (4.96%), Fat: 1.5g (2.31%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 15.38g (5.59%), Sugar: 12.25g (13.61%), Cholesterol: 3.4mg (1.13%), Sodium: 357.33mg (15.54%), Alcohol: 0.77g (100%), Alcohol %: 0.46% (100%), Protein: 3.64g (7.28%), Vitamin C: 42.34mg (51.32%), Vitamin B3: 2.07mg (10.34%), Potassium: 288.66mg (8.25%), Vitamin B2: 0.13mg (7.63%), Folate: 30.03µg (7.51%), Vitamin B1: 0.11mg (7.38%), Fiber: 1.67g (6.68%), Vitamin B6: 0.12mg (6.17%), Copper: 0.11mg (5.32%), Phosphorus: 45.04mg (4.5%), Selenium: 2.89µg (4.13%), Magnesium: 15.13mg (3.78%), Vitamin A: 179.13IU (3.58%), Calcium: 32.92mg (3.29%), Manganese: 0.05mg (2.26%), Iron: 0.38mg (2.13%), Vitamin B5: 0.2mg (2.01%), Zinc: 0.24mg (1.57%), Vitamin E: 0.17mg (1.11%)