



 **53%**
HEALTH SCORE

Roasted Duck with Roasted Fruit Compote

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



2040 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 anjou pears cut into (1-inch) pieces
- 0.5 cup carrots coarsely chopped
- 0.5 cup celery coarsely chopped
- 1 cup cherries pitted
- 0.7 cup cooking wine dry red
- 2 tablespoons cooking wine dry white
- 4 pound dressed domestic duck frozen thawed
- 1.5 teaspoons rosemary fresh chopped

- 1 garlic clove minced
- 0.5 teaspoon kosher salt divided
- 1 small onion quartered
- 1 cranberry-orange relish halved seeded
- 1 peaches cut into (1-inch) pieces
- 2 golden delicious apples cut into (1-inch) pieces
- 0.3 teaspoon pepper white divided freshly ground

Equipment

- frying pan
- oven
- roasting pan
- kitchen thermometer
- broiler pan

Directions

- Preheat oven to 37
- To prepare duck, rinse duck under cold water; pat dry.
- Sprinkle 1/4 teaspoon salt and 1/8 teaspoon pepper in body cavity.
- Place celery, carrot, onion, and garlic in cavity; tie ends of legs together with string. Lift wing tips up and over back; tuck under duck.
- Place duck on the rack of a broiler pan or roasting pan coated with cooking spray.
- Place rack in pan. Rub cut sides of orange halves over duck; pierce skin over breast several times with a fork.
- Bake at 375 for 1 hour and 45 minutes or until a thermometer registers 180, basting every 30 minutes with red wine.
- Let stand 10 minutes. Discard skin; sprinkle duck with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Cover; keep warm.
- Drain pan drippings.
- Increase oven temperature to 47

- To prepare compote, combine cherries and next 4 ingredients (through apple) in bottom of roasting pan coated with cooking spray, tossing gently.
- Bake at 475 for 25 minutes or until very tender, stirring occasionally. Stir in 2 tablespoons white wine; bake an additional 5 minutes.
- Serve with duck.

Nutrition Facts

■ **PROTEIN 10.81%**
■ **FAT 80.34%**
■ **CARBS 8.85%**

Properties

Glycemic Index:81.08, Glycemic Load:11.96, Inflammation Score:-10, Nutrition Score:44.399130572443%

Flavonoids

Cyanidin: 14.4mg, Cyanidin: 14.4mg, Cyanidin: 14.4mg, Cyanidin: 14.4mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg, Peonidin: 1.28mg Catechin: 7.91mg, Catechin: 7.91mg, Catechin: 7.91mg, Catechin: 7.91mg Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg Epicatechin: 17.11mg, Epicatechin: 17.11mg, Epicatechin: 17.11mg, Epicatechin: 17.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Hesperetin: 8.95mg, Hesperetin: 8.95mg, Hesperetin: 8.95mg, Hesperetin: 8.95mg Naringenin: 5.06mg, Naringenin: 5.06mg, Naringenin: 5.06mg, Naringenin: 5.06mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg, Quercetin: 9.47mg

Nutrients (% of daily need)

Calories: 2039.65kcal (101.98%), Fat: 179.02g (275.41%), Saturated Fat: 60.06g (375.35%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 36.36g (13.22%), Sugar: 30.51g (33.91%), Cholesterol: 344.73mg (114.91%), Sodium: 605.48mg (26.33%), Alcohol: 4.97g (100%), Alcohol %: 0.76% (100%), Protein: 54.21g (108.43%), Vitamin B3: 18.75mg (93.75%), Selenium: 57.56µg (82.23%), Vitamin A: 3782.6IU (75.65%), Phosphorus: 687.71mg (68.77%), Vitamin B1: 0.99mg (65.98%), Iron: 11.61mg (64.48%), Copper: 1.26mg (62.76%), Vitamin B2: 1.06mg (62.28%), Vitamin C: 44.99mg (54.53%), Vitamin B6: 1.04mg (51.83%), Vitamin B5: 4.73mg (47.25%), Zinc: 6.53mg (43.55%), Potassium: 1448.54mg (41.39%), Vitamin K: 38.64µg (36.8%), Fiber: 8.02g (32.07%), Vitamin E: 3.95mg (26.31%), Magnesium: 95.04mg (23.76%), Folate: 92.44µg (23.11%), Vitamin D: 3.18µg (21.17%), Vitamin B12: 1.13µg (18.9%),

Manganese: 0.29mg (14.66%), Calcium: 99.47mg (9.95%)