



HEALTH SCORE

51%

Spiced slow-roast duck & apple sauce



Gluten Free

READY IN



190 min.

SERVINGS



2

CALORIES



2145 kcal

SAUCE

Ingredients

- ☐ 1 duck
- ☐ 1 tsp unrefined sunflower oil
- ☐ 1 optional: lemon halved
- ☐ 1 cinnamon sticks
- ☐ 1 star anise
- ☐ 2 garlic clove smashed
- ☐ 500 g potatoes such as ratte
- ☐ 3 watercress

- ☐ 5 bramley apples
- ☐ 25 g butter
- ☐ 1 pinch cinnamon sticks
- ☐ 150 ml apple juice

Equipment

- ☐ frying pan
- ☐ oven
- ☐ skewers

Directions

- ☐ Heat oven to 140C/120C fan/gas
- ☐ Remove any giblets and pull the excess fat from the ducks cavity. Use a roasting fork or skewer to prick the skin of the duck all over do this lightly as you dont want to pierce the meat.
- ☐ Season generously inside, rub the skin with a little oil and season with salt and pepper. Stuff the cavity with the lemon halves, cinnamon, star anise and garlic. Sit the duck in a roomy roasting tin (you will be adding potatoes to the tin later). Roast the duck for 2 hrs, pricking again every now and then. Meanwhile, boil the potatoes for 10 mins until just cooked.
- ☐ Remove the duck from the oven and increase the heat to 220C/200C fan/gas
- ☐ Place the duck on a board and pour off half the fat from the tin. Toss the potatoes in the tin so they are completely coated in the juices, then push them to the side of the tin. Sit the duck back in and give it a final 20–30 mins in the oven to crisp up.
- ☐ Meanwhile, make the apple sauce. Peel and finely slice the apples, discarding the core. Melt the butter in a pan until sizzling, add the apples and spices, then stir to coat.
- ☐ Pour in 100ml apple juice, cover and simmer for 10 mins, stirring occasionally.
- ☐ Add a splash more juice if the apples are becoming a bit dry. Cook until the apples have collapsed into a fluffy sauce.
- ☐ Remove the duck from the oven to a board to rest, then place the potatoes back into the oven for 20 mins to crisp up. When the duck has rested and the potatoes are brown, you are ready to carve and plate up.

Nutrition Facts

PROTEIN 9.44% FAT 67.91% CARBS 22.65%

Properties

Glycemic Index:154.5, Glycemic Load:53.34, Inflammation Score:-9, Nutrition Score:52.051304609879%

Flavonoids

Cyanidin: 7.16mg, Cyanidin: 7.16mg, Cyanidin: 7.16mg, Cyanidin: 7.16mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 6.9mg, Catechin: 6.9mg, Catechin: 6.9mg, Catechin: 6.9mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 37.96mg, Epicatechin: 37.96mg, Epicatechin: 37.96mg, Epicatechin: 37.96mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 21.57mg, Quercetin: 21.57mg, Quercetin: 21.57mg, Quercetin: 21.57mg

Nutrients (% of daily need)

Calories: 2144.61kcal (107.23%), Fat: 164.05g (252.38%), Saturated Fat: 57.39g (358.69%), Carbohydrates: 123.14g (41.05%), Net Carbohydrates: 103.93g (37.79%), Sugar: 58.26g (64.74%), Cholesterol: 317.2mg (105.73%), Sodium: 346.2mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.29g (102.58%), Vitamin C: 111.96mg (135.71%), Vitamin B3: 18.26mg (91.29%), Vitamin B6: 1.75mg (87.64%), Fiber: 19.22g (76.86%), Phosphorus: 749.55mg (74.95%), Potassium: 2526.81mg (72.19%), Vitamin B1: 1.08mg (71.87%), Selenium: 49.06µg (70.08%), Iron: 12.48mg (69.32%), Copper: 1.34mg (67.24%), Vitamin B2: 1.04mg (60.95%), Manganese: 1.07mg (53.48%), Vitamin B5: 4.84mg (48.38%), Zinc: 6.26mg (41.72%), Vitamin K: 41.14µg (39.19%), Magnesium: 149.08mg (37.27%), Vitamin E: 4.88mg (32.54%), Folate: 110.01µg (27.5%), Vitamin A: 1272.65IU (25.45%), Vitamin D: 2.67µg (17.83%), Vitamin B12: 0.98µg (16.27%), Calcium: 151.65mg (15.16%)