



 **49%**  
HEALTH SCORE

## Tea Smoked Rotisserie Duck

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

READY IN



**120 min.**

SERVINGS



**2**

CALORIES



**2057 kcal**

BEVERAGE

DRINK

### Ingredients

- 0.3 cup brown sugar
- 1 cinnamon sticks
- 6 clove garlic smashed
- 1 piece ginger thinly sliced
- 0.3 cup honey
- 2 quarts water
- 1 medium cranberry-orange relish quartered
- 2 teaspoons orange zest

- 0.3 cup rice
- 3 tablespoons salt
- 2 cups soya sauce
- 2 star anise whole
- 0.3 cup freshly tea
- 2 quarts water boiling
- 1 duck whole

## Equipment

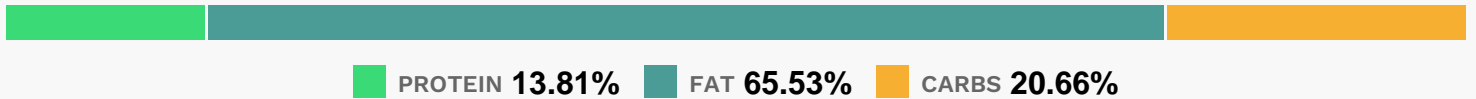
- bowl
- frying pan
- paper towels
- knife
- wire rack
- grill
- kitchen thermometer
- aluminum foil
- skewers

## Directions

- To make the brine, place water, soy sauce, salt, honey, garlic, and ginger in a large bowl. Squeeze orange quarters into bowl, then drop in peel. Stir to combine.
- Place duck in brine, breast side down, and weight down with plate to keep fully submerged.
- Place in refrigerator and brine for at least 2 hours, up to 8 hours.
- Remove duck from brine; pat dry with paper towels. Using the point of a skewer or paring knife, prick holes all over duck breasts, being careful not to pierce the meat.
- Place duck on a wire rack in the sink.
- Pour 1 quart of boiling water over duck. Flip and pour remaining quart of water over other side. Allow duck to dry while preparing the grill.

- To make the tea packet, place tea leaves, brown sugar, rice, star anise, cinnamon sticks, and orange zest in a double layer of heavy-duty aluminum foil and fold into a packet.
- Cut slits at top of foil packet.
- Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on either side of the charcoal grate and place a foil pan between the two piles of coals. Cover grill and allow to preheat for 5 minutes.
- Place tea packet directly on top of the coals. Run spit of the rotisserie through middle of duck and secure ends with rotisserie forks.
- Place on the grill, cover, and cook at medium-high heat until duck registers 160 degrees when an instant read thermometer is inserted into the thickest part of the breast.
- Remove from grill, let rest for 15 minutes, then remove spit and serve.

## Nutrition Facts



### Properties

Glycemic Index:112.98, Glycemic Load:34.57, Inflammation Score:-8, Nutrition Score:50.887825924417%

### Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg, Epigallocatechin: 2.37mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg, Epicatechin 3-gallate: 1.73mg Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg, Epigallocatechin 3-gallate: 2.76mg Theaflavin: 0.47mg, Theaflavin: 0.47mg, Theaflavin: 0.47mg, Theaflavin: 0.47mg Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg, Thearubigins: 23.98mg Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg, Theaflavin-3,3'-digallate: 0.52mg Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg, Theaflavin-3'-gallate: 0.45mg Gallic acid: 0.37mg, Gallic acid: 0.37mg, Gallic acid: 0.37mg, Gallic acid: 0.37mg

### Nutrients (% of daily need)

Calories: 2057.13kcal (102.86%), Fat: 151g (232.3%), Saturated Fat: 50.61g (316.28%), Carbohydrates: 107.13g (35.71%), Net Carbohydrates: 101.77g (37.01%), Sugar: 71.75g (79.72%), Cholesterol: 290.32mg (96.77%), Sodium: 23773.29mg (1033.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.9mg (1.97%), Protein: 71.61g (143.22%), Vitamin B3: 24.99mg (124.96%), Manganese: 2.12mg (106.04%), Iron: 16.11mg (89.52%), Phosphorus: 892.33mg (89.23%), Copper: 1.69mg (84.44%), Selenium: 55.17µg (78.81%), Vitamin B2: 1.23mg (72.3%), Vitamin B6: 1.42mg (70.92%), Vitamin B1: 0.99mg (65.84%), Vitamin C: 51.73mg (62.71%), Vitamin B5: 5.06mg (50.57%), Magnesium: 192.78mg (48.2%), Zinc: 7.02mg (46.8%), Potassium: 1583.86mg (45.25%), Folate: 116.98µg (29.24%), Calcium: 253.79mg (25.38%), Fiber: 5.36g (21.44%), Vitamin K: 21.74µg (20.7%), Vitamin E: 2.88mg (19.19%), Vitamin D: 2.67µg (17.83%), Vitamin A: 806.62IU (16.13%), Vitamin B12: 0.95µg (15.92%)