



HEALTH SCORE

73%

Vietnamese Duck Braised in Spiced Orange Juice



Gluten Free



Dairy Free



Very Healthy

READY IN



135 min.

SERVINGS



4

CALORIES



2391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp pepper black freshly ground
- ☐ 1 Tbs brown sugar
- ☐ 1 cinnamon sticks
- ☐ 2.2 kg duck – into chunks whole chopped
- ☐ 4 Tbs fish sauce
- ☐ 1 bulb garlic crushed peeled (and)
- ☐ 50 g ginger sliced

- ☐ 2 stalks lemongrass – bashed
- ☐ 1 L orange juice) fresh
- ☐ 2 chili – keep the seeds red sliced (more or less depending on how spicy you want)
- ☐ 4 stalks spring onion – and parts separated. leave part 2–inch in length white green for garnishing.
- ☐ 5 star anise

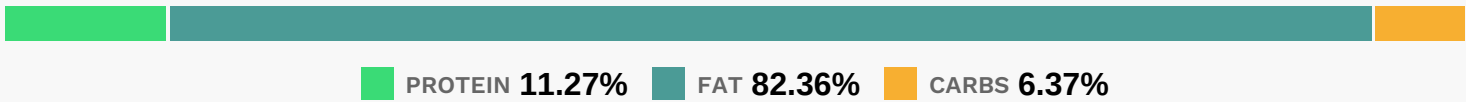
Equipment

- ☐ frying pan
- ☐ kitchen towels
- ☐ dutch oven

Directions

- ☐ Place duck pieces skin side down in a Dutch oven or large pot. Slowly render fats under medium heat until skin is browned. Brown the other sides as well. You may have to do this in batches, do not overcrowd the pan. Leave the duck pieces aside for later use. You can soak up the excess oil with kitchen towels.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:14.54, Inflammation Score:-9, Nutrition Score:54.294348198435%

Flavonoids

Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg, Eriodictyol: 0.45mg Hesperetin: 31.32mg, Hesperetin: 31.32mg, Hesperetin: 31.32mg, Hesperetin: 31.32mg Naringenin: 5.61mg, Naringenin: 5.61mg, Naringenin: 5.61mg, Naringenin: 5.61mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 2390.64kcal (119.53%), Fat: 217.52g (334.65%), Saturated Fat: 72.86g (455.38%), Carbohydrates: 37.79g (12.6%), Net Carbohydrates: 35.88g (13.05%), Sugar: 26.11g (29.01%), Cholesterol: 418mg (139.33%), Sodium:

1767.47mg (76.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67g (134%), Vitamin C: 150.13mg (181.97%), Vitamin B3: 23.4mg (117.02%), Selenium: 70.57µg (100.81%), Vitamin B1: 1.34mg (89.51%), Iron: 15.35mg (85.26%), Phosphorus: 834.69mg (83.47%), Copper: 1.51mg (75.26%), Vitamin B2: 1.27mg (74.92%), Vitamin B6: 1.28mg (63.8%), Vitamin B5: 5.82mg (58.16%), Potassium: 1900.1mg (54.29%), Vitamin K: 56.47µg (53.78%), Zinc: 8mg (53.34%), Manganese: 0.87mg (43.58%), Folate: 174.29µg (43.57%), Magnesium: 159.06mg (39.77%), Vitamin A: 1579.64IU (31.59%), Vitamin E: 4.08mg (27.2%), Vitamin D: 3.85µg (25.67%), Vitamin B12: 1.46µg (24.36%), Calcium: 135.49mg (13.55%), Fiber: 1.92g (7.69%)