

Roasted Duck

- 1 large ducks
- 2 large apples, peeled, sliced
- 6 slices bacon, diced
- 3 cup sauerkraut
- 2 slices slices crisp, cooked bacon, crumbled
- 1 clove garlic cloves, minced
- 2 Tbs paprika
- 2 med red onions, quartered
- 1 stick butter, melted
- 2 tsp caraway seed
- Salt and black pepper to taste

- 1 Rub ducks' skin with the garlic and sprinkle birds inside and out with salt, pepper and paprika.
- 2 Fill the cavities with the apples and onion.
- 3 Cover breasts with bacon slices and place birds, breasts up, in roasting pan.
- 4 Bake at 350 degrees for 1 hour or until done to taste.

Servings: 4
Yield: 4

Degree of Difficulty

Degree of Difficulty: Moderately difficult

Oven Temperature: 350°F

Cooking Times

Preparation Time: 20 minutes
Cooking Time: 1 hour
Total Time: 1 hour and 20 minutes

Nutrition Facts:

Serving size: 1/4 of a recipe (20.2 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.

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Amount Per Serving	
Calories	1189.97
Calories From Fat (68%)	812.06
% Daily Value	
Total Fat 90.75g	140%
Saturated Fat 36.37g	182%
Cholesterol 204.65mg	68%
Sodium 2027.14mg	84%
Potassium 1078.73mg	31%
Total Carbohydrates 58.04g	19%
Fiber 8.76g	35%
Sugar 23.11g	
Protein 39.19g	78%