

# Roast Duck

Yield: 6 min  
Total Time: 200 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-roast-duck-recipe-five-spice>

## Ingredients:

- 6 pounds duck whole Pekin
- salt
- 5 garlic cloves chopped
- 1 lemon small or medium, chopped
- 1/2 cup balsamic vinegar
- 1 lemon freshly squeezed juice
- 1/4 cup honey

## Nutrition:

1. Calories: 1910 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 345 milligrams
4. Fat: 177 grams
5. Fiber: 2 grams
6. Protein: 50 grams
7. SaturatedFat: 59 grams
8. Sodium: 420 milligrams
9. Sugar: 15 grams

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