

Chinese Roast Duck

Yield: 4 min
Total Time: 110 min

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

Ingredients:

- 2 ducks
- 1 1/8 cups caster sugar
- 6 star anise seeds
- 1 piece ginger sliced
- 1 bunch spring onions roughly chopped
- 2 tablespoons malt syrup or maltose, available in most Chinese supermarkets
- 3 tablespoons red wine vinegar

Nutrition:

1. Calories: 1740 calories
2. Carbohydrate: 47 grams
3. Cholesterol: 290 milligrams
4. Fat: 149 grams
5. Fiber: 1 grams
6. Protein: 44 grams
7. SaturatedFat: 50 grams
8. Sodium: 250 milligrams
9. Sugar: 43 grams

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