



20-Minute Peking Duck

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cucumber peeled halved lengthwise seeded cut lengthwise into 8 strips
- ☐ 2 teaspoons sesame oil dark
- ☐ 16 ounce duck breast halves boneless thawed
- ☐ 4 6-inch flour tortillas ()
- ☐ 2 green onion tops cut into thin strips
- ☐ 0.3 cup hoisin sauce
- ☐ 2 tablespoons orange juice
- ☐ 0.5 teaspoon orange rind grated

- ☐ 2 teaspoons sesame seed
- ☐ 2 teaspoons sriracha (such as huy fong) hot

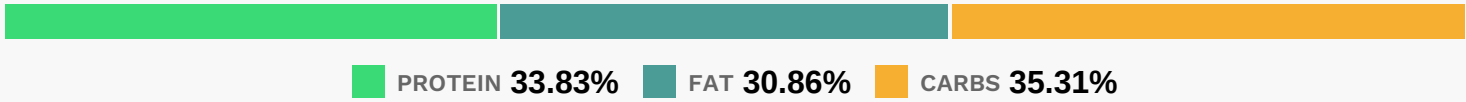
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add duck to pan; cook 2 minutes on each side. Reduce heat to medium; cover and cook an additional 3 minutes on each side or until done.
- ☐ Cut duck diagonally across grain into thin slices.
- ☐ Combine hoisin, orange rind, orange juice, and Sriracha.
- ☐ Heat tortillas according to package directions.
- ☐ Spread about 2 tablespoons hoisin mixture down center of each tortilla. Top each tortilla with 1/4 of duck, 2 cucumber strips, 1/4 of onions, and 1/2 teaspoon sesame seeds; roll up.

Nutrition Facts



Properties

Glycemic Index:42, Glycemic Load:5.35, Inflammation Score:-4, Nutrition Score:21.695217236229%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 315.81kcal (15.79%), Fat: 10.64g (16.37%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 25.11g (9.13%), Sugar: 8.77g (9.74%), Cholesterol: 88mg (29.33%), Sodium: 711.46mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.51%), Vitamin B12: 14.74µg (245.7%), Selenium: 30.21µg (43.16%), Vitamin B1: 0.64mg (42.46%), Iron: 6.77mg (37.6%), Vitamin B6: 0.75mg (37.5%), Phosphorus: 299.53mg (29.95%), Vitamin B2: 0.5mg (29.15%), Vitamin B3: 5.58mg (27.91%), Copper: 0.48mg (23.88%), Vitamin

C: 15.54mg (18.83%), Vitamin K: 17.72µg (16.88%), Manganese: 0.27mg (13.51%), Folate: 53.08µg (13.27%), Potassium: 461.33mg (13.18%), Magnesium: 47.35mg (11.84%), Vitamin B5: 1.09mg (10.87%), Fiber: 2.28g (9.11%), Zinc: 1.2mg (7.99%), Calcium: 75.35mg (7.54%), Vitamin A: 169.68IU (3.39%)