



Apricot Glazed Duck

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup chicken stock see
- ☐ 2 tablespoons cornstarch
- ☐ 1 cup apricots dried chopped
- ☐ 6 duck breasts
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 0.5 teaspoon freshly tarragon leaves chopped
- ☐ 0.3 cup butter unsalted

- ☐ 6 servings water cold
- ☐ 1 large onion diced white
- ☐ 0.3 cup white wine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Melt 1/4 cup of butter in a heavy skillet over medium-high heat. Brown the duck breasts skin side down for about 2 minutes without shaking the pan. Turn over and cook on the other side for another 2 minutes.
- ☐ Remove to a baking sheet and bake in the preheated oven for 10 minutes.
- ☐ Transfer the duck breasts to a cutting board and set aside to rest.
- ☐ Using the same pan you cooked the duck in, saute the onions, over medium heat, until golden brown.
- ☐ Add in the chopped apricots, apple cider vinegar, chicken stock and white wine. Cook until reduced by half, about 10 minutes.
- ☐ In a small bowl, mix the cornstarch with a little cold water to create a slurry. Slowly add it to the apricot mixture, stirring constantly until the desired consistency is reached.
- ☐ Allow to cook until the paste taste disappears, about 3 to 4 minutes. Season with salt and pepper, to taste. Stir in the tarragon and the remaining 3 tablespoons of butter.
- ☐ Slice the duck breast on a bias.
- ☐ Lay a little sauce on the base of each white serving plate and top with the duck. Spoon a little more sauce over the duck and serve.

Nutrition Facts



Properties

Glycemic Index:36.23, Glycemic Load:4.66, Inflammation Score:-7, Nutrition Score:29.657391270866%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 432.81kcal (21.64%), Fat: 17.66g (27.17%), Saturated Fat: 7.85g (49.05%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 17.12g (6.23%), Sugar: 12.93g (14.37%), Cholesterol: 194.66mg (64.89%), Sodium: 160.52mg (6.98%), Alcohol: 1.03g (100%), Alcohol %: 0.24% (100%), Protein: 46.15g (92.3%), Vitamin B12: 29.4µg (489.93%), Vitamin B6: 1.43mg (71.63%), Selenium: 46.22µg (66.03%), Vitamin B1: 0.92mg (61.58%), Iron: 10.94mg (60.8%), Phosphorus: 451.59mg (45.16%), Vitamin B3: 8.46mg (42.31%), Vitamin B2: 0.72mg (42.14%), Copper: 0.81mg (40.59%), Potassium: 927.1mg (26.49%), Vitamin A: 1145.36IU (22.91%), Vitamin B5: 1.97mg (19.67%), Vitamin C: 16.18mg (19.61%), Magnesium: 64.44mg (16.11%), Zinc: 1.78mg (11.87%), Fiber: 2.07g (8.27%), Vitamin E: 1.17mg (7.78%), Manganese: 0.15mg (7.37%), Folate: 21.83µg (5.46%), Calcium: 38.11mg (3.81%), Vitamin K: 1.66µg (1.58%)