



## Apricot-Glazed Duck Breasts



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup apricot preserves such as Smucker's Simply Fruit
- ☐ 2 cups rice hot cooked
- ☐ 16 ounce duck breast halves fresh boneless thawed
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 0.5 cup rice wine vinegar

☐ 1 tablespoon rice wine vinegar

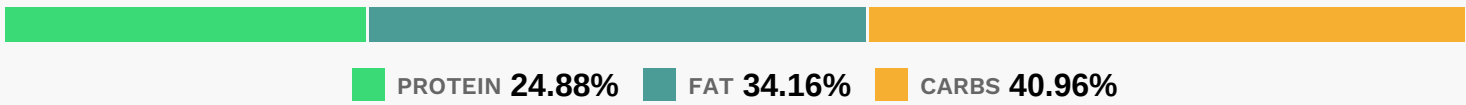
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ cutting board

Directions

- ☐ Combine first 4 ingredients in a large heavy-duty zip-top plastic bag.
- ☐ Add duck; seal. Marinate in refrigerator 30 minutes, turning occasionally.
- ☐ Heat apricot preserves in a small saucepan over low heat until melted, stirring occasionally.
- ☐ Add 1 tablespoon vinegar and 1 teaspoon soy sauce.
- ☐ Remove from heat.
- ☐ Remove duck from marinade; discard marinade.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add duck to pan, and cook 8 to 10 minutes on each side or until an instant-read thermometer inserted into thickest portion registers 18
- ☐ Brush each duck breast with 1 tablespoon glaze.
- ☐ Transfer duck to a cutting board; cut into thin slices. Fan slices out and place over rice.
- ☐ Brush duck with remaining glaze.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:24.06, Inflammation Score:-3, Nutrition Score:19.266956557398%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 420.53kcal (21.03%), Fat: 15.69g (24.14%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 41.83g (15.21%), Sugar: 12.95g (14.39%), Cholesterol: 87.32mg (29.11%), Sodium: 411.44mg (17.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.43%), Vitamin B12: 14.74µg (245.7%), Selenium: 29.63µg (42.34%), Vitamin B6: 0.79mg (39.66%), Vitamin B1: 0.48mg (31.74%), Iron: 5.63mg (31.25%), Phosphorus: 264.86mg (26.49%), Manganese: 0.47mg (23.44%), Vitamin B2: 0.38mg (22.4%), Copper: 0.44mg (21.77%), Vitamin B3: 4.3mg (21.49%), Vitamin B5: 1.26mg (12.6%), Vitamin C: 10.1mg (12.24%), Potassium: 393.73mg (11.25%), Vitamin E: 1.62mg (10.81%), Magnesium: 42.73mg (10.68%), Zinc: 1.29mg (8.62%), Vitamin K: 6.35µg (6.04%), Folate: 13.58µg (3.4%), Calcium: 24.96mg (2.5%), Vitamin A: 120.86IU (2.42%), Fiber: 0.5g (2%)