



Asian-Spiced Duck Breasts with Ginger-Chili Glaze

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons asian chili paste hot (recommended: Sambal Oelek)
- 1 tablespoon mustard dry
- 4 duck breasts trimmed
- 6 servings flour tortillas warmed
- 6 cloves garlic finely chopped
- 2 inch ginger finely chopped
- 1 bunch green onions

- 1 teaspoon ground allspice
- 2 teaspoons ground ginger
- 0.3 teaspoon ground pepper red
- 2 teaspoons ground pepper black
- 0.5 cup honey
- 2 teaspoons kosher salt
- 0.3 cup soya sauce low-sodium
- 2 tablespoons paprika spanish
- 2 tablespoons vegetable oil; peanut oil preferred
- 6 servings salt and pepper black freshly ground
- 2 teaspoons ground star anise

Equipment

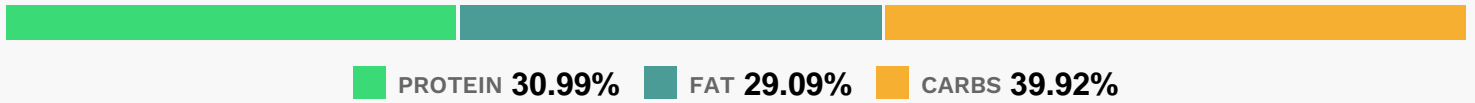
- bowl
- sauce pan
- knife
- whisk
- grill

Directions

- Heat grill to medium-high. Score the skin-side of the duck with a knife in a lattice pattern, being sure not to cut through to the flesh. Season each breast with salt and pepper on both sides.
- Rub the skin side of each breast with a few tablespoons of the rub and place on the grill, rub side down, and grill until slightly charred and the skin begins to get crispy, about 4 to 5 minutes. Turn the breasts over, brush with some of the glaze and continue grill to medium-rare doneness, another 3 to 4 minutes.
- Remove the duck from the grill and brush with more of the glaze.
- Let rest for 5 minutes then slice 1/4-inch thick on the diagonal.
- Place the grilled green onions on a platter and top with the sliced duck breast.

- Serve with warm tortillas.
- Combine all ingredients in a small bowl.
- Heat oil in a small saucepan over medium heat.
- Add ginger and garlic and cook until soft.
- Add the chili paste and cook for 1 minute.
- Whisk in the honey and soy and cook until just combined and the honey has melted.
- Let cool before using.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:17.41, Inflammation Score:-5, Nutrition Score:26.792173779529%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 441.12kcal (22.06%), Fat: 14.42g (22.19%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 42.27g (15.37%), Sugar: 25.25g (28.05%), Cholesterol: 116.01mg (38.67%), Sodium: 1469.15mg (63.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.58g (69.15%), Vitamin B12: 19.59µg (326.44%), Selenium: 40.57µg (57.96%), Vitamin B1: 0.79mg (52.66%), Vitamin B6: 1.03mg (51.55%), Iron: 9.28mg (51.55%), Phosphorus: 391.2mg (39.12%), Vitamin B2: 0.6mg (35.17%), Vitamin B3: 6.98mg (34.88%), Manganese: 0.68mg (34.07%), Copper: 0.56mg (28.12%), Vitamin C: 16.74mg (20.29%), Potassium: 609.34mg (17.41%), Magnesium: 61.69mg (15.42%), Vitamin B5: 1.38mg (13.8%), Folate: 49.83µg (12.46%), Vitamin K: 12.13µg (11.55%), Zinc: 1.63mg (10.9%), Fiber: 2.25g (9.02%), Calcium: 84mg (8.4%), Vitamin E: 0.96mg (6.41%), Vitamin A: 274.09IU (5.48%)