



HEALTH SCORE

89%

Barbecued Duck on Sweet-and-Sour Red Cabbage



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**412 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby carrots
- ☐ 0.3 cup barbecue sauce
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup brown sugar packed
- ☐ 2 tablespoons apple cider vinegar
- ☐ 28 ounce duck breast meat – skin left on whole boneless thawed
- ☐ 2 teaspoons olive oil

- ☐ 1 pound cabbage red thinly sliced
- ☐ 0.5 cup onion red chopped
- ☐ 0.5 teaspoon salt

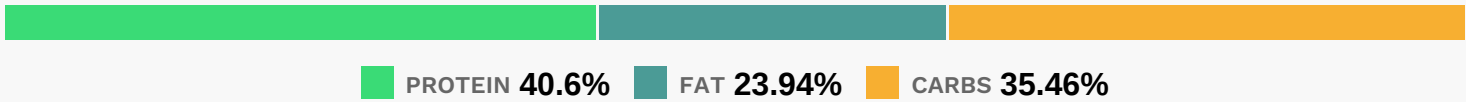
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Prepare grill; set to medium heat.
- ☐ To prepare cabbage, heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion; cook 5 minutes or until tender, stirring occasionally.
- ☐ Add cabbage and next 5 ingredients (cabbage through pepper). Cover and cook 5 minutes; stir well. Cook an additional 15 minutes or until cabbage is tender, stirring occasionally.
- ☐ Remove from heat; keep warm.
- ☐ To prepare duck, brush meat side of breasts with barbecue sauce; place on grill rack, skin side up. Cook 8 minutes. Turn duck over; brush with remaining barbecue sauce. Cook 8 minutes or until desired degree of doneness; remove from heat, and let stand 5 minutes. Carefully remove skin from breasts; cut each breast in half.
- ☐ Cut each breast half into 1/2-inch-thick slices. Spoon cabbage onto plates; arrange duck around cabbage.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:2.37, Inflammation Score:-10, Nutrition Score:39.646087034889%

Flavonoids

Cyanidin: 237.94mg, Cyanidin: 237.94mg, Cyanidin: 237.94mg, Cyanidin: 237.94mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg

0.07mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 412.21kcal (20.61%), Fat: 10.93g (16.82%), Saturated Fat: 2.91g (18.2%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 31.66g (11.51%), Sugar: 27.54g (30.6%), Cholesterol: 152.8mg (50.93%), Sodium: 673.54mg (29.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.72g (83.44%), Vitamin B12: 25.8µg (429.97%), Vitamin A: 10237.42IU (204.75%), Vitamin C: 80.19mg (97.2%), Vitamin B6: 1.54mg (76.91%), Vitamin B1: 0.9mg (59.93%), Iron: 10.7mg (59.45%), Selenium: 41.46µg (59.22%), Vitamin K: 51.14µg (48.71%), Phosphorus: 431.77mg (43.18%), Vitamin B2: 0.71mg (41.9%), Vitamin B3: 7.72mg (38.62%), Copper: 0.71mg (35.41%), Potassium: 1055.25mg (30.15%), Manganese: 0.46mg (23.23%), Vitamin B5: 2.08mg (20.85%), Fiber: 4.77g (19.08%), Magnesium: 74.36mg (18.59%), Folate: 53.91µg (13.48%), Zinc: 1.82mg (12.14%), Calcium: 100.65mg (10.07%), Vitamin E: 0.56mg (3.74%)