



HEALTH SCORE

57%

Black-Pepper-Roasted Duck Breasts with Grilled Plums



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black divided freshly ground
- ☐ 48 ounce duck breast meat – skin left on boneless trimmed
- ☐ 4 teaspoons thyme sprigs fresh divided chopped
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 6 plums firm pitted ripe halved
- ☐ 1.5 teaspoons salt divided
- ☐ 0.5 teaspoon sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Using sharp knife, score skin of duck breasts in crisscross pattern (cut skin only; do not cut through meat), spacing cuts 1 inch apart.
- ☐ Sprinkle duck breasts on both sides with 1 teaspoon thyme, 1 teaspoon pepper, and 1 teaspoon salt. Cover and chill.
- ☐ Prepare barbecue (medium-high heat). Toss plum halves, olive oil, sugar, 1 teaspoon thyme, remaining 1 teaspoon pepper, and 1/2 teaspoon salt in medium bowl. Grill plum halves, cut side down, until grill marks appear and plums begin to soften, about 4 minutes. Turn plums over and grill, skin side down, until skin begins to soften but plums still retain their shape, about 4 minutes.
- ☐ Transfer plums to bowl. Cover with foil and let stand while cooking duck.
- ☐ Heat 2 large skillets over medium-high heat.
- ☐ Add 2 duck breasts, skin side down, to each skillet. Cook until skin is crisp and golden, about 7 minutes. Turn duck breasts over and cook to desired doneness, about 8 minutes longer for medium-rare.
- ☐ Remove from heat and let duck rest 5 minutes.
- ☐ Thinly slice duck crosswise. Divide among plates.
- ☐ Place 2 plum halves alongside each serving.
- ☐ Drizzle any plum juices from bowl over.
- ☐ Sprinkle with 2 teaspoons thyme and serve.
- ☐ A Malbec would be a great pairing for the duck. The Argentinean red wine has enough structure to stand up to the tannins in the plums. We like the fruity, floral Alamos 2006 Malbec (\$14).

Nutrition Facts

PROTEIN 55.62% FAT 33.86% CARBS 10.52%

Properties

Glycemic Index:30.96, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:28.112173992655%

Flavonoids

Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg, Cyanidin: 3.72mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 334.25kcal (16.71%), Fat: 12.32g (18.95%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 7.33g (2.67%), Sugar: 6.88g (7.65%), Cholesterol: 174.63mg (58.21%), Sodium: 710.95mg (30.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.51g (91.02%), Vitamin B12: 29.48µg (491.39%), Vitamin B6: 1.39mg (69.32%), Selenium: 45.4µg (64.85%), Vitamin B1: 0.93mg (61.8%), Iron: 10.63mg (59.08%), Phosphorus: 434.87mg (43.49%), Vitamin B2: 0.71mg (41.48%), Vitamin B3: 8.02mg (40.09%), Copper: 0.73mg (36.74%), Vitamin C: 22.47mg (27.23%), Potassium: 728.56mg (20.82%), Vitamin B5: 1.92mg (19.18%), Magnesium: 57.8mg (14.45%), Zinc: 1.69mg (11.25%), Vitamin A: 414.9IU (8.3%), Manganese: 0.14mg (7.19%), Vitamin K: 6.72µg (6.4%), Fiber: 1.28g (5.12%), Folate: 17.62µg (4.41%), Vitamin E: 0.51mg (3.43%), Calcium: 19.5mg (1.95%)