



Boneless Duck Breast with Cumberland Sauce



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



918 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 stalks celery cut into small dice remove leaves
- ☐ 1.5 cups chicken stock see
- ☐ 1 teaspoon cornstarch mixed with 1 tablespoon water, to thicken
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 cup cooking sherry dry
- ☐ 4 duck breasts boneless
- ☐ 1 cup grapes seedless
- ☐ 1 tablespoon ground sage

- ☐ 2 lemons
- ☐ 1 cup thickly mushrooms sliced
- ☐ 0.5 onion
- ☐ 2 oranges
- ☐ 0.3 teaspoon pepper
- ☐ 1 Dash pepper
- ☐ 1 cup port
- ☐ 16 ounce currant jelly red
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt and pepper
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup tarragon vinegar
- ☐ 0.5 cup rice wild

Equipment

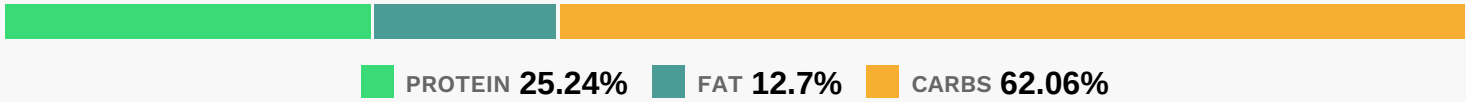
- ☐ frying pan
- ☐ pot
- ☐ grill

Directions

- ☐ Rub duck breasts with salt, pepper, and ground sage. Grill on each side for 6 to 7 minutes.
- ☐ Serve sliced over Wild Rice Stuffing.
- ☐ Serve with Cumberland Sauce on the side.
- ☐ Boil rice in stock until cooked but not too mushy.
- ☐ Drain. In a separate pan, saute vegetables in butter.
- ☐ Combine rice, sauteed vegetables, grapes, sherry, and seasoning.
- ☐ Scald rinds and their juice in boiling water for 1 minute. Set aside.
- ☐ Heat jelly, port, vinegar, mustard, sugar, salt, and pepper in a pot, stirring until bubbling.

- ☐ Add the scalded juice and rind to the sauce.
- ☐ Add the cornstarch mixture and let boil and thicken.

Nutrition Facts



Properties

Glycemic Index:136.77, Glycemic Load:59.28, Inflammation Score:-9, Nutrition Score:44.313477985237%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.91mg, Malvidin: 56.91mg, Malvidin: 56.91mg, Malvidin: 56.91mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 6.03mg, Catechin: 6.03mg, Catechin: 6.03mg, Catechin: 6.03mg Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg, Epicatechin: 4.62mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 32.97mg, Hesperetin: 32.97mg, Hesperetin: 32.97mg, Hesperetin: 32.97mg Naringenin: 10.39mg, Naringenin: 10.39mg, Naringenin: 10.39mg, Naringenin: 10.39mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

Nutrients (% of daily need)

Calories: 917.94kcal (45.9%), Fat: 12g (18.46%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 131.9g (43.97%), Net Carbohydrates: 124.3g (45.2%), Sugar: 79.69g (88.54%), Cholesterol: 176.72mg (58.91%), Sodium: 1082.99mg (47.09%), Alcohol: 10.73g (100%), Alcohol %: 1.74% (100%), Protein: 53.64g (107.28%), Vitamin B12: 29.39µg (489.83%), Vitamin C: 91.5mg (110.91%), Vitamin B6: 1.72mg (85.98%), Selenium: 57.29µg (81.84%), Vitamin B1: 1.15mg (76.67%), Iron: 12.57mg (69.85%), Vitamin B2: 1.1mg (64.52%), Phosphorus: 631.64mg (63.16%), Vitamin B3: 12.02mg (60.09%), Copper: 1.18mg (58.9%), Potassium: 1403.06mg (40.09%), Magnesium: 128.49mg (32.12%), Manganese: 0.61mg (30.59%), Fiber: 7.59g (30.37%), Vitamin B5: 2.84mg (28.42%), Folate: 95.7µg (23.93%), Vitamin K: 23.96µg (22.82%), Zinc: 3.42mg (22.81%), Calcium: 119.81mg (11.98%), Vitamin A: 483.73IU (9.67%), Vitamin E: 0.76mg (5.08%)