



WHATSheATE



Broiled Duck Breasts with Orange Chipotle Sauce



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



996 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 tablespoon chipotles in adobo canned finely chopped
- ☐ 1 stick cinnamon (3- to 4-inch)
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons maple syrup dark (preferably amber or Grade B)
- ☐ 3 lb muscovy duck breasts (boneless with skin) long island (also called pekin) duck breast halves with skin
- ☐ 2.5 cups orange juice fresh

- ☐ 1.5 teaspoons salt

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ kitchen thermometer
- ☐ broiler
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Boil all sauce ingredients in a 2- to 3-quart heavy saucepan over moderate heat, skimming foam occasionally, until syrupy and reduced to about 1 cup, 30 to 40 minutes.
- ☐ Let stand while duck broils.
- ☐ Remove rack of a broiler pan, then add 1 cup water to broiler pan and replace rack. Preheat broiler with pan 5 to 6 inches from heat.
- ☐ Pat duck breasts dry and score skin at 1-inch intervals with a sharp knife (do not cut into meat), then sprinkle all over with salt and pepper. Broil duck breasts, skin sides down, 4 minutes for Long Island duck or 8 minutes for Muscovy, then turn over and broil until thermometer inserted horizontally into center of a breast registers 130°F (see cooks' note, below), 8 to 10 minutes more for medium-rare.
- ☐ Transfer to a cutting board and let stand 5 minutes.
- ☐ Add any juices accumulated on cutting board to sauce and simmer until slightly thickened, 1 to 2 minutes.
- ☐ Holding a sharp knife at a 45-degree angle, cut each duck breast into thin slices and serve with sauce.
- ☐ • The USDA recommends cooking duck breasts to an internal temperature of 170°F to ensure that any harmful bacteria are killed, but since we prefer the meat medium-rare, we cook it to only 130°F. Otherwise, the duck gets tough and livery. • Sauce can be made 2 days ahead and chilled, covered. Reheat before adding juices from duck.

Nutrition Facts

 **PROTEIN 10.86%**  **FAT 81.33%**  **CARBS 7.81%**

Properties

Glycemic Index:20.92, Glycemic Load:7.97, Inflammation Score:-6, Nutrition Score:23.15782617486%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 13.25mg, Hesperetin: 13.25mg, Hesperetin: 13.25mg, Hesperetin: 13.25mg Naringenin: 2.25mg, Naringenin: 2.25mg, Naringenin: 2.25mg, Naringenin: 2.25mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 995.8kcal (49.79%), Fat: 89.45g (137.61%), Saturated Fat: 30.01g (187.58%), Carbohydrates: 19.33g (6.44%), Net Carbohydrates: 18.48g (6.72%), Sugar: 15.02g (16.69%), Cholesterol: 172.37mg (57.46%), Sodium: 726.5mg (31.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.87g (53.73%), Vitamin C: 61.06mg (74.02%), Vitamin B3: 9.37mg (46.84%), Selenium: 28.26µg (40.38%), Vitamin B2: 0.64mg (37.43%), Vitamin B1: 0.55mg (36.61%), Phosphorus: 334.86mg (33.49%), Iron: 5.8mg (32.22%), Copper: 0.59mg (29.4%), Vitamin B6: 0.48mg (23.87%), Vitamin B5: 2.37mg (23.7%), Zinc: 3.23mg (21.52%), Potassium: 719.82mg (20.57%), Manganese: 0.41mg (20.47%), Folate: 61.56µg (15.39%), Vitamin K: 13.09µg (12.47%), Magnesium: 48.94mg (12.24%), Vitamin A: 595.48IU (11.91%), Vitamin E: 1.67mg (11.11%), Vitamin D: 1.59µg (10.58%), Vitamin B12: 0.57µg (9.45%), Calcium: 55.57mg (5.56%), Fiber: 0.85g (3.4%)