



# Crispy Duck Breasts with Balsamic-Glazed Tangerines



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon aged balsamic vinegar
- ☐ 4 servings butter (if needed)
- ☐ 2 large duck breast meat – skin left on (1 lb. each)
- ☐ 1 teaspoon kosher salt divided
- ☐ 4 1 tangerine peeled

## Equipment

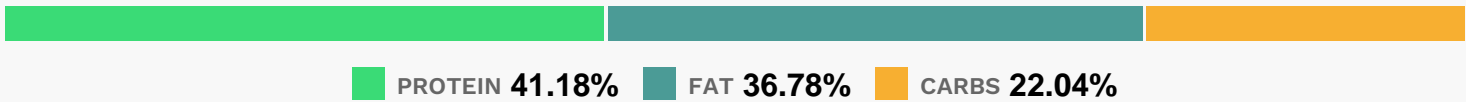
- ☐ frying pan

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ measuring cup

## Directions

- ☐ Heat a large skillet, preferably cast-iron, over medium heat until very hot. Using a paper towel, pat both sides of duck dry.
- ☐ Sprinkle both sides with 3/4 tsp. salt total.
- ☐ Lay duck in pan, skin side down. Immediately reduce heat to low.
- ☐ Cook duck slowly, without turning, until a lot of fat has rendered and skin is crisp, about 20 minutes; reduce temperature if skin starts getting too dark. Meanwhile, preheat oven to 40
- ☐ Set a cooling rack on top of a rimmed baking sheet.
- ☐ Transfer duck to rack, skin side up. Roast until done the way you like, about 10 minutes for medium.
- ☐ Remove duck from oven and let rest 10 minutes.
- ☐ Meanwhile, pour duck fat into a measuring cup; if needed, add butter to make 1/4 cup. Return fat to pan, heating over low heat until it's warm.
- ☐ Whisk in vinegar and remaining 1/4 tsp. salt.
- ☐ Add tangerine segments, stirring gently to combine. Slice duck through skin into 1/2-in.-thick pieces and set on plates. Spoon tangerines with sauce over duck.
- ☐ \*Look for high-quality balsamic vinegar with a syrupy consistency, such as Cavalli brand (about \$2 2/4-oz. bottle; amazon.com).

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:4.59, Inflammation Score:-6, Nutrition Score:18.623043530661%

Flavonoids

Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg

Nutrients (% of daily need)

Calories: 225kcal (11.25%), Fat: 9.19g (14.13%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 10.8g (3.93%), Sugar: 9.93g (11.03%), Cholesterol: 97.76mg (32.59%), Sodium: 680.61mg (29.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Vitamin B12: 14.7µg (244.97%), Vitamin B6: 0.75mg (37.34%), Vitamin C: 30.5mg (36.97%), Vitamin B1: 0.5mg (33.55%), Selenium: 22.74µg (32.48%), Iron: 5.25mg (29.18%), Phosphorus: 229.74mg (22.97%), Vitamin B2: 0.37mg (21.9%), Vitamin B3: 4.18mg (20.87%), Copper: 0.38mg (18.87%), Vitamin A: 784.12IU (15.68%), Potassium: 454.72mg (12.99%), Vitamin B5: 1.1mg (11%), Magnesium: 36.01mg (9%), Fiber: 1.58g (6.34%), Zinc: 0.86mg (5.75%), Folate: 21.01µg (5.25%), Calcium: 38.59mg (3.86%), Manganese: 0.04mg (2.05%), Vitamin E: 0.29mg (1.95%)