



Curried Duck Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon curry powder
- ☐ 2 tablespoons cooking wine dry white
- ☐ 0.8 pound duck breast halves boneless (2 breast halves)
- ☐ 0.3 cup golden raisins
- ☐ 1 tablespoon green onions chopped
- ☐ 8 small lettuce leaves
- ☐ 3 tablespoons mayonnaise low-fat

- ☐ 2 tablespoons mango chutney
- ☐ 4 6-inch pitas cut in half ()
- ☐ 2 tablespoons dry-roasted cashews chopped

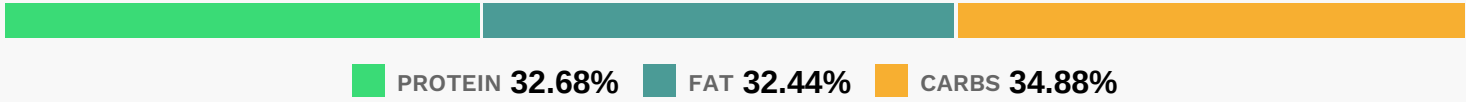
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Heat a small nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add duck; cook 4 minutes on each side or until a thermometer inserted into thickest portion registers 17
- ☐ Cool slightly; coarsely chop duck.
- ☐ Combine duck, celery, and next 7 ingredients (through wine) in a large bowl. Line each pita half with 1 lettuce leaf; spoon duck mixture evenly into pita halves.

Nutrition Facts



Properties

Glycemic Index:73.17, Glycemic Load:8.25, Inflammation Score:-9, Nutrition Score:21.108260963274%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 232.67kcal (11.63%), Fat: 8.28g (12.73%), Saturated Fat: 1.92g (11.98%), Carbohydrates: 20.02g (6.67%), Net Carbohydrates: 18.18g (6.61%), Sugar: 11.6g (12.89%), Cholesterol: 67.17mg (22.39%), Sodium: 170.58mg (7.42%),

Alcohol: 0.77g (100%), Alcohol %: 0.51% (100%), Protein: 18.76g (37.52%), Vitamin B12: 11.06µg (184.27%), Vitamin A: 3692.78IU (73.86%), Vitamin B6: 0.63mg (31.62%), Iron: 5.27mg (29.27%), Vitamin B1: 0.41mg (27.35%), Selenium: 18.66µg (26.66%), Phosphorus: 218.22mg (21.82%), Copper: 0.42mg (20.77%), Vitamin B2: 0.35mg (20.67%), Vitamin C: 15.93mg (19.31%), Vitamin B3: 3.38mg (16.91%), Manganese: 0.31mg (15.27%), Vitamin K: 15.78µg (15.03%), Potassium: 490.54mg (14.02%), Magnesium: 46.42mg (11.61%), Folate: 36.23µg (9.06%), Vitamin B5: 0.79mg (7.93%), Fiber: 1.84g (7.37%), Zinc: 1.07mg (7.17%), Vitamin E: 0.81mg (5.39%), Calcium: 44.03mg (4.4%)