



 **52%**
HEALTH SCORE

Curried Duck with Cranberry Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 3 ounce cranberries package) dried
- ☐ 1 tablespoon curry powder
- ☐ 28 ounce duck breasts whole boneless thawed
- ☐ 15.8 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 cup cranberry chutney (such as Crosse and Blackwell)

☐ 0.5 teaspoon salt

Equipment

☐ bowl

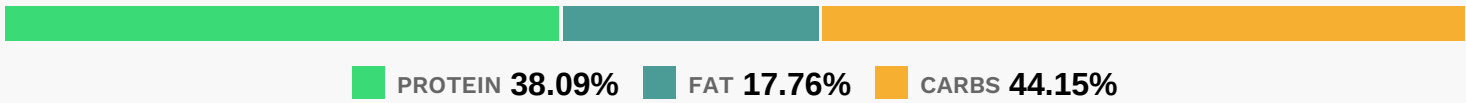
☐ sauce pan

☐ grill

Directions

- ☐ Prepare grill; set to medium heat.
- ☐ Combine curry, salt, and pepper in a small bowl. Reserve 1 tablespoon curry powder mixture for cranberry mixture. Rub meat side of breast with remaining curry powder mixture.
- ☐ Place duck on grill rack, skin sides up. Cook 8 minutes on each side or until desired degree of doneness; remove from heat, and let stand 5 minutes.
- ☐ Bring cranberries and broth to a boil in a medium saucepan; gradually stir in reserved curry powder mixture and couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Spoon couscous mixture onto plates.
- ☐ Carefully remove skin from all breasts; cut each breast in half. Then cut each breast half into 1/2-inch-thick slices and arrange them on top of couscous mixture.
- ☐ Serve with chutney; sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:20.63, Inflammation Score:-4, Nutrition Score:28.959130795106%

Flavonoids

Cyanidin: 3.03mg, Cyanidin: 3.03mg, Cyanidin: 3.03mg, Cyanidin: 3.03mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg,

Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg, Myricetin: 0.92mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 485.04kcal (24.25%), Fat: 9.47g (14.57%), Saturated Fat: 2.69g (16.8%), Carbohydrates: 52.98g (17.66%), Net Carbohydrates: 48.91g (17.78%), Sugar: 15.93g (17.7%), Cholesterol: 152.8mg (50.93%), Sodium: 867.14mg (37.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.71g (91.41%), Vitamin B12: 26.02µg (433.69%), Vitamin B6: 1.29mg (64.37%), Selenium: 42.56µg (60.79%), Vitamin B1: 0.88mg (58.7%), Iron: 10.12mg (56.25%), Phosphorus: 463.38mg (46.34%), Vitamin B3: 9.08mg (45.38%), Vitamin B2: 0.67mg (39.22%), Copper: 0.76mg (37.77%), Manganese: 0.5mg (25.02%), Vitamin B5: 2.33mg (23.29%), Potassium: 683.47mg (19.53%), Magnesium: 69.3mg (17.32%), Vitamin C: 13.76mg (16.68%), Fiber: 4.07g (16.3%), Zinc: 1.87mg (12.45%), Vitamin K: 6.63µg (6.31%), Folate: 24.8µg (6.2%), Vitamin E: 0.92mg (6.14%), Vitamin A: 243.21IU (4.86%), Calcium: 31.42mg (3.14%)