



Duck a l'Orange

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound duck breast meat – skin left on boneless frozen thawed
- ☐ 1.5 cups chicken broth canned
- ☐ 1.5 cups orange juice fresh
- ☐ 2 tablespoons orange zest grated
- ☐ 4 large cranberry–orange relish
- ☐ 2 tablespoons shallots minced
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.3 cup sugar

- ☐ 0.3 cup butter unsalted ()
- ☐ 2 tablespoons water

Equipment

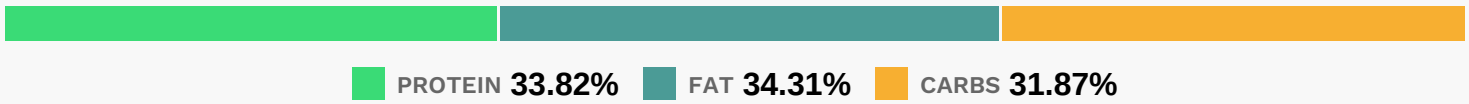
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ cutting board
- ☐ pastry brush

Directions

- ☐ Stir sugar and water in heavy medium saucepan over medium heat until sugar dissolves. Increase heat; boil until syrup turns deep amber, occasionally brushing down sides of pan with wet pastry brush and swirling pan, 8 minutes.
- ☐ Remove from heat.
- ☐ Mix in vinegar (mixture will bubble vigorously).
- ☐ Add juice and shallots; boil until reduced to 1/2 cup, stirring occasionally, 15 minutes.
- ☐ Add broth; boil until reduced to 3/4 cup, 30 minutes. Set aside.
- ☐ Using small knife, cut off peel and white pith from 4 oranges. Working over bowl, cut between membranes to release segments. (Sauce and oranges can be prepared 6 hours ahead. Cover separately; chill.)
- ☐ Using small knife, score duck skin (do not pierce meat) in crosshatch pattern.
- ☐ Sprinkle duck with salt and pepper.
- ☐ Heat heavy large skillet over medium-high heat.
- ☐ Place duck breasts skin side down in skillet. Cook until brown and crisp, about 8 minutes. Turn duck and cook to desired doneness, about 10 minutes longer for medium-rare.
- ☐ Transfer to cutting board.
- ☐ Let stand 10 minutes.

- ☐ Meanwhile, bring sauce to simmer.
- ☐ Add butter and 1 tablespoon grated orange peel; whisk just until butter melts.
- ☐ Drain orange segments and mix into sauce. Set aside.
- ☐ Slice duck breasts crosswise on diagonal. Arrange on 4 plates. Spoon orange segments with sauce alongside.
- ☐ Sprinkle with remaining peel.

Nutrition Facts



Properties

Glycemic Index:48.65, Glycemic Load:21.21, Inflammation Score:-9, Nutrition Score:37.113043764363%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 61.25mg, Hesperetin: 61.25mg, Hesperetin: 61.25mg, Hesperetin: 61.25mg Naringenin: 30.18mg, Naringenin: 30.18mg, Naringenin: 30.18mg, Naringenin: 30.18mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 579.23kcal (28.96%), Fat: 22.25g (34.23%), Saturated Fat: 10.45g (65.29%), Carbohydrates: 46.51g (15.5%), Net Carbohydrates: 41.43g (15.07%), Sugar: 38.01g (42.23%), Cholesterol: 205.14mg (68.38%), Sodium: 160.1mg (6.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.35g (98.7%), Vitamin B12: 29.6µg (493.27%), Vitamin C: 162.97mg (197.54%), Vitamin B1: 1.16mg (77.22%), Vitamin B6: 1.54mg (77.01%), Selenium: 46.68µg (66.68%), Iron: 10.89mg (60.49%), Phosphorus: 497.6mg (49.76%), Vitamin B3: 9.86mg (49.29%), Vitamin B2: 0.82mg (48.2%), Copper: 0.86mg (43.07%), Potassium: 1232.6mg (35.22%), Vitamin B5: 2.5mg (24.96%), Folate: 99.73µg (24.93%), Vitamin A: 1087.55IU (21.75%), Magnesium: 81.78mg (20.44%), Fiber: 5.08g (20.32%), Zinc: 1.9mg (12.64%), Calcium: 105.06mg (10.51%), Vitamin E: 0.71mg (4.71%), Manganese: 0.08mg (3.91%), Vitamin D: 0.21µg (1.42%), Vitamin K: 1.13µg (1.07%)