



 **75%**  
HEALTH SCORE

## Duck Breast with Apple-Pomegranate Sauce

 **Gluten Free**  **Very Healthy**

READY IN



**61 min.**

SERVINGS



**2**

CALORIES



**1148 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 carrots julienned peeled
- 1 teaspoon curry powder
- 1 small daikon julienned
- 2 duck breasts
- 2 tablespoons goat cheese
- 1 tablespoon grapeseed oil
- 2 servings grapeseed oil
- 1 pinch ground cinnamon

- 1 pinch ground ginger
- 1 tablespoon honey
- 0.3 onion diced finely
- 1 pink lady apples diced firm cored crisp peeled finely (or other , apple)
- 0.3 cup pomegranate juice
- 2 servings salt
- 2 servings salt and pepper black freshly ground
- 0.3 pound snow peas julienned
- 1 pinch sugar
- 2 large sweet potatoes
- 1 teaspoon butter unsalted
- 3 tablespoons butter unsalted divided at room temperature

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- ziploc bags
- pastry bag

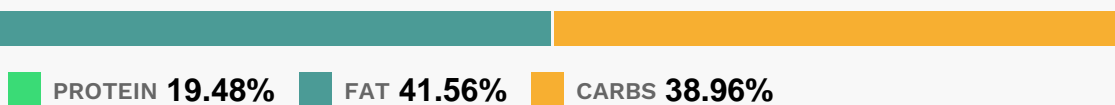
## Directions

- Watch how to make this recipe.
- Heat a medium saute pan over medium-high heat and add the oil.
- Cut a crosshatch pattern into the skin of the duck breasts. Be careful to not cut through to the flesh.
- Season the skin side with the curry and the flesh side with salt.
- Place in the pan, skin side down. Cook on the skin side to render of some of the fat and crisp up the skin, 5 to 7 minutes. Once the skin is crisp, flip the breasts, reduce the heat to medium,

and cook on the flesh side for about 4 minutes for medium-rare. Once cooked, remove from the pan and allow the meat to rest for 5 minutes.

- Make the sauce in the same pan used for the duck. (Wipe out the pan if you have burned bits on the bottom, and add some butter.)
- Place the pan over medium-high heat and add 1 tablespoon butter. Deglaze the pan with the pomegranate juice. Allow the juice to simmer and reduce by half. Turn off the heat and stir in the remaining 2 tablespoons butter. Taste and season with a pinch of sugar if the sauce tastes too tart.
- When plating, slice the duck breast thinly and spoon the warm sauce over the duck.
- Serve with Mashed Sweet Potatoes with Goat Cheese and
- Sauteed Julienned Vegetables.
- Peel and slice the sweet potatoes into 1/2-inch pieces.
- Place the potatoes in a large saucepan, fill with water to cover the potatoes, and add some salt. Bring the water to a boil over medium-high heat. Cook the potatoes until fork tender, about 13 minutes. Stick a fork in a potato piece and if it goes in easily, it's done.
- Drain the potatoes well.
- Transfer them to a food processor and blend until smooth.
- Add the goat cheese, honey, ginger, cinnamon, butter, and 1/2 teaspoon salt. Blend again until everything is well combined.
- Transfer to a bowl and let cool for 1 minute.
- Spoon the potatoes into a zip-top plastic bag or a pastry bag with a tip for piping, or spoon directly onto plates. If piping, cut a hole in the tip and pipe onto the plate.
- Heat a saute pan over medium heat and add some oil.
- Saute the julienned vegetables and season with salt and pepper. Cook until the vegetables are just softened, 3 to 5 minutes. Taste a bite and cook for another minute if the vegetables are still hard.

## Nutrition Facts



## Properties

Glycemic Index:234.1, Glycemic Load:45.54, Inflammation Score:-10, Nutrition Score:62.104782799016%

## Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg, Quercetin: 6.95mg

## Nutrients (% of daily need)

Calories: 1148.27kcal (57.41%), Fat: 53.74g (82.67%), Saturated Fat: 19.3g (120.63%), Carbohydrates: 113.34g (37.78%), Net Carbohydrates: 94.36g (34.31%), Sugar: 46.86g (52.06%), Cholesterol: 230.99mg (77%), Sodium: 648.83mg (28.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56.66g (113.33%), Vitamin A: 59954.59IU (1199.09%), Vitamin B12: 29.45µg (490.78%), Vitamin C: 102.38mg (124.09%), Vitamin B6: 2.44mg (121.81%), Vitamin B1: 1.37mg (91.23%), Iron: 15.1mg (83.9%), Copper: 1.62mg (80.75%), Potassium: 2661.06mg (76.03%), Fiber: 18.98g (75.92%), Phosphorus: 733.63mg (73.36%), Selenium: 49.99µg (71.42%), Manganese: 1.38mg (68.82%), Vitamin B2: 1.1mg (64.73%), Vitamin E: 8.63mg (57.56%), Vitamin B5: 5.64mg (56.45%), Vitamin B3: 11.16mg (55.78%), Magnesium: 196.7mg (49.18%), Folate: 150.67µg (37.67%), Vitamin K: 37.24µg (35.47%), Calcium: 243.3mg (24.33%), Zinc: 3.46mg (23.09%), Vitamin D: 0.41µg (2.72%)