



Duck Breast with Berry Sauce

 **Gluten Free**

READY IN

ready

65 min.

SERVINGS

servings

6

CALORIES

calories

563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 cups berries: blueberries
- ☐ 0.3 cup brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 cup duck stock
- ☐ 6 large duck breast fillets boneless
- ☐ 3 sprigs rosemary fresh
- ☐ 2 tablespoons oil

- ☐ 1 cup red wine
- ☐ 6 servings salt and pepper black freshly ground

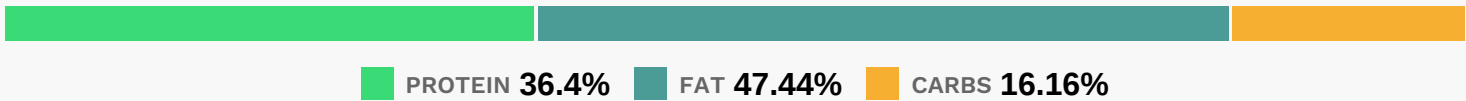
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Season the duck breast with salt and pepper.
- ☐ Heat the oil in a large saute pan over medium-high heat. Brown the duck breast, skin side first, then flip over, reduce heat and cook other side, about 10 to 15 minutes.
- ☐ Remove the duck breasts to a platter, reserving the juices in the pan. Work in batches, if necessary.
- ☐ To make the sauce, add the balsamic vinegar and red wine to the pan and cook until reduced by half.
- ☐ Add the stock and reduce by half again, then add brown sugar, rosemary and berries and cook for 3 minutes. Strain into a bowl and whisk in the butter to finish.
- ☐ Place the duck breast on each plate and drizzle the sauce around.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:29.876956343651%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Petunidin: 10.17mg, Petunidin: 10.17mg, Petunidin: 10.17mg, Petunidin: 10.17mg Delphinidin: 11.96mg, Delphinidin: 11.96mg, Delphinidin: 11.96mg, Delphinidin: 11.96mg Malvidin: 31.19mg, Malvidin: 31.19mg, Malvidin: 31.19mg, Malvidin: 31.19mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg,

Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 563.42kcal (28.17%), Fat: 27.69g (42.59%), Saturated Fat: 8.8g (54.97%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 19.8g (7.2%), Sugar: 18.06g (20.07%), Cholesterol: 201.79mg (67.26%), Sodium: 181.54mg (7.89%), Alcohol: 4.24g (100%), Alcohol %: 1.44% (100%), Protein: 47.79g (95.58%), Vitamin B12: 29.45µg (490.77%), Vitamin B6: 1.46mg (72.96%), Selenium: 48.42µg (69.18%), Vitamin B1: 0.97mg (64.59%), Iron: 11.18mg (62.13%), Phosphorus: 471.5mg (47.15%), Vitamin B3: 8.98mg (44.89%), Vitamin B2: 0.76mg (44.73%), Copper: 0.76mg (38.23%), Potassium: 764.09mg (21.83%), Vitamin B5: 2.13mg (21.3%), Vitamin C: 15.97mg (19.36%), Magnesium: 63.29mg (15.82%), Zinc: 2.01mg (13.4%), Vitamin K: 13.73µg (13.08%), Vitamin E: 1.34mg (8.92%), Manganese: 0.17mg (8.38%), Vitamin A: 302.18IU (6.04%), Fiber: 1.43g (5.71%), Folate: 20.94µg (5.24%), Calcium: 31.41mg (3.14%), Vitamin D: 0.16µg (1.09%)