



Duck Breast With Cherry Sauce



Gluten Free



Dairy Free

READY IN



41 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons five-spice powder chinese divided
- ☐ 16 ounce cherries in heavy syrup dark sweet pitted canned
- ☐ 0.5 cup chicken broth fat-free reduced-sodium
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup port wine divided
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 cup shallots finely chopped
- ☐ 4 skinned

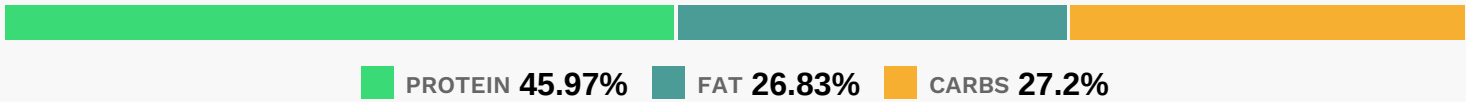
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Drain cherries, reserving 1/4 cup of syrup. Set aside.
- ☐ Place duck between 2 sheets of heavy-duty plastic wrap; flatten to even thickness, using a meat mallet or rolling pin.
- ☐ Sprinkle 1/4 teaspoon salt and 1/2 teaspoon Chinese five-spice powder over duck breasts.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add duck; cook 7 minutes on each side or until done.
- ☐ Remove duck from skillet. Set aside, and keep warm.
- ☐ Add shallots to pan and cook, stirring constantly, 1 minute.
- ☐ Add 1/4 cup port wine to skillet, stirring to loosen browned bits. Simmer 1 minute.
- ☐ Add remaining 1/4 cup port wine, 1/4 cup reserved cherry syrup, chicken broth, remaining five-spice powder, and remaining 1/4 teaspoon salt; simmer 10 minutes.
- ☐ Add cherries, and simmer 2 minutes.
- ☐ Add duck, and simmer 1 minute.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:4.7, Inflammation Score:-6, Nutrition Score:30.485217104787%

Flavonoids

Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg,

Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 2.88mg, Peonidin: 2.88mg, Peonidin: 2.88mg, Peonidin: 2.88mg Catechin: 7.9mg, Catechin: 7.9mg, Catechin: 7.9mg, Catechin: 7.9mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 7.94mg, Epicatechin: 7.94mg, Epicatechin: 7.94mg, Epicatechin: 7.94mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 441.74kcal (22.09%), Fat: 12.22g (18.8%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 27.89g (9.3%), Net Carbohydrates: 24.38g (8.86%), Sugar: 19.22g (21.35%), Cholesterol: 174.02mg (58.01%), Sodium: 542.05mg (23.57%), Alcohol: 4.59g (100%), Alcohol %: 1.35% (100%), Protein: 47.12g (94.25%), Vitamin B12: 29.44µg (490.61%), Vitamin B6: 1.53mg (76.28%), Selenium: 46.39µg (66.27%), Vitamin B1: 0.96mg (64.27%), Iron: 11.52mg (64%), Phosphorus: 473.24mg (47.32%), Vitamin B2: 0.74mg (43.31%), Vitamin B3: 8.18mg (40.89%), Copper: 0.8mg (40.13%), Vitamin C: 24.58mg (29.79%), Potassium: 1010.4mg (28.87%), Vitamin B5: 2.17mg (21.73%), Magnesium: 73.52mg (18.38%), Fiber: 3.51g (14.04%), Zinc: 1.87mg (12.49%), Manganese: 0.23mg (11.7%), Folate: 28.56µg (7.14%), Calcium: 44.27mg (4.43%), Vitamin A: 197.43IU (3.95%), Vitamin K: 3.82µg (3.64%), Vitamin E: 0.38mg (2.53%)