



HEALTH SCORE

52%

Duck Breast with Crème Fraîche and Roasted Grapes



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups arugula
- ☐ 6 servings coarse kosher salt
- ☐ 36 ounce duck breasts frozen thawed (if)
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 0.5 pound purple grapes seedless cut into small clusters
- ☐ 1 tablespoon juniper berries dried crushed
- ☐ 0.5 tablespoon olive oil

☐ 0.3 cup cup heavy whipping cream sour

Equipment



- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Using sharp knife, score skin of duck breast diagonally to create 3/4-inch-wide diamond pattern.
- ☐ Sprinkle crushed juniper berries and thyme over both sides of breast; press to adhere.
- ☐ Place on rimmed baking sheet, cover with plastic wrap, and refrigerate at least 4 hours. (Can be prepared 1 day ahead. Keep refrigerated.)
- ☐ Preheat oven to 500°F. Arrange grape clusters in single layer on baking sheet.
- ☐ Drizzle with olive oil and sprinkle with kosher salt and pepper. Roast until skins are slightly crisp but grapes are still soft and juicy inside, about 14 minutes. Cool. (Can be made 4 hours ahead.)
- ☐ Let stand at room temperature.)
- ☐ Sprinkle both sides of duck breasts with salt and pepper.
- ☐ Heat heavy large skillet over medium heat.
- ☐ Add duck, skin side down; cook until almost all fat is rendered, about 7 minutes. Increase heat to medium-high and cook until skin is brown and crisp, about 4 minutes. Turn duck over and cook about 3 minutes longer for medium-rare.
- ☐ Let duck rest 5 minutes.
- ☐ Divide arugula among 6 plates. Thinly slice duck breasts crosswise and fan out slightly; place 1 breast atop arugula on each plate.
- ☐ Drizzle crème fraîche over each breast. Divide grapes among plates.

Nutrition Facts



 PROTEIN **51%**  FAT **36.09%**  CARBS **12.91%**

Properties

Glycemic Index:20.5, Glycemic Load:3.11, Inflammation Score:-8, Nutrition Score:23.273478342139%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 275.57kcal (13.78%), Fat: 10.89g (16.75%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 8.1g (2.94%), Sugar: 6.39g (7.1%), Cholesterol: 136.63mg (45.54%), Sodium: 297.3mg (12.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.61g (69.22%), Vitamin B12: 22.13µg (368.88%), Vitamin B6: 1.07mg (53.42%), Selenium: 34.44µg (49.2%), Vitamin B1: 0.71mg (47.56%), Iron: 8.15mg (45.31%), Phosphorus: 337.66mg (33.77%), Vitamin B2: 0.57mg (33.35%), Vitamin B3: 5.92mg (29.58%), Copper: 0.57mg (28.71%), Vitamin C: 15.21mg (18.44%), Potassium: 584.09mg (16.69%), Vitamin K: 17.26µg (16.44%), Vitamin B5: 1.46mg (14.6%), Magnesium: 47.6mg (11.9%), Vitamin A: 467.53IU (9.35%), Zinc: 1.32mg (8.78%), Folate: 21.76µg (5.44%), Manganese: 0.08mg (4.03%), Calcium: 39.42mg (3.94%), Fiber: 0.66g (2.65%), Vitamin E: 0.32mg (2.13%)