



Duck Breast with Double-Cherry Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 16 ounce cherries dark sweet frozen thawed pitted
- ☐ 0.3 cup cherry preserves black
- ☐ 20 ounce duck breast halves boneless
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup shallots finely chopped
- ☐ 2 teaspoons vegetable oil

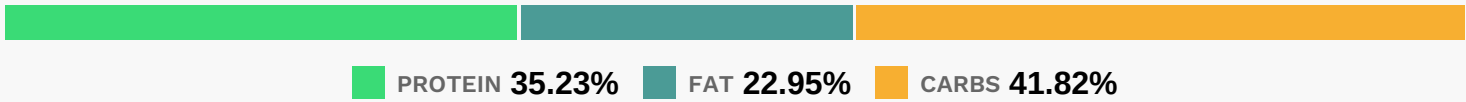
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle duck with 1/4 teaspoon salt.
- ☐ Add duck to pan; cook 3 1/2 minutes on each side or until medium-rare or desired degree of doneness.
- ☐ Remove from pan; keep warm.
- ☐ Add shallots to pan, and saut 1 minute.
- ☐ Add 1/4 teaspoon salt, preserves, brandy, and cherries, and cook 2 minutes or until slightly thick.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:12, Inflammation Score:-4, Nutrition Score:21.533478146014%

Flavonoids

Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg 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, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 352.73kcal (17.64%), Fat: 8.6g (13.23%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 35.27g (11.76%), Net Carbohydrates: 32.18g (11.7%), Sugar: 25.98g (28.87%), Cholesterol: 109.15mg (36.38%), Sodium: 380.13mg (16.53%), Alcohol: 2.51g (100%), Alcohol %: 1.05% (100%), Protein: 29.72g (59.43%), Vitamin B12: 18.43µg (307.12%), Vitamin B6: 0.96mg (48.07%), Selenium: 28.95µg (41.36%), Vitamin B1: 0.61mg (40.69%), Iron: 7.07mg (39.3%), Phosphorus: 300.67mg (30.07%), Vitamin B2: 0.48mg (28.36%), Copper: 0.53mg (26.47%), Vitamin B3: 5.03mg (25.16%), Vitamin C: 19.78mg (23.97%), Potassium: 697.59mg (19.93%), Vitamin B5: 1.41mg (14.07%), Fiber: 3.09g

(12.35%), Magnesium: 47.62mg (11.91%), Zinc: 1.15mg (7.65%), Manganese: 0.13mg (6.66%), Vitamin K: 6.64µg (6.32%), Folate: 20.41µg (5.1%), Vitamin A: 148.29IU (2.97%), Calcium: 28.9mg (2.89%), Vitamin E: 0.29mg (1.97%)