



Duck Breast with Frisée Salad and Port Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



612 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon almonds lightly toasted sliced
- ☐ 1 teaspoon dijon mustard
- ☐ 8 ounce duck breast meat – skin left on boneless with skin
- ☐ 3 cups torn frisée
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup tawny port
- ☐ 1 shallots finely chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Put a small shallow flameproof roasting pan in middle of oven and preheat oven to 400°F.
- ☐ Pat duck dry and trim off any fat from sides. Score duck skin in a crosshatch pattern at 1/2-inch intervals with a sharp knife, then season with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Heat a heavy medium skillet (not nonstick) over medium-high heat until hot, then cook duck, skin side down, until golden brown and crisp, about 3 minutes. Turn and cook until other side is golden, about 2 minutes.
- ☐ Transfer to roasting pan and roast in oven until an instant-read thermometer inserted horizontally into center registers 135°F, 10 to 14 minutes.
- ☐ Transfer to a cutting board and let stand, loosely covered with foil, 5 minutes. (Internal temperature will rise to at least 142°F.)
- ☐ Pour off all but 1 tablespoon fat from roasting pan, then add oil and shallot and cook over medium heat, stirring, until golden brown, about 2 minutes.
- ☐ Remove from heat and add Port, then return to heat (Port may ignite) and cook, stirring and scraping up brown bits, 1 minute.
- ☐ Remove from heat and stir in mustard and salt and pepper to taste.
- ☐ Add frisée, tossing to combine, and sprinkle with almonds.
- ☐ Serve duck with salad.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:52.713913046795%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 6.04mg, Catechin: 6.04mg, Catechin: 6.04mg, Catechin: 6.04mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 4.6mg, Epicatechin: 4.6mg, Epicatechin: 4.6mg, Epicatechin: 4.6mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg, Apigenin: 1.17mg Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg, Kaempferol: 3.71mg Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg, Quercetin: 10.94mg

Nutrients (% of daily need)

Calories: 612.17kcal (30.61%), Fat: 29.39g (45.21%), Saturated Fat: 5.39g (33.67%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 13.63g (4.96%), Sugar: 8.19g (9.1%), Cholesterol: 174.63mg (58.21%), Sodium: 260.55mg (11.33%), Alcohol: 9.18g (100%), Alcohol %: 2.37% (100%), Protein: 50.53g (101.07%), Vitamin B12: 29.48µg (491.39%), Vitamin K: 455.1µg (433.43%), Vitamin A: 8700.35IU (174.01%), Vitamin B6: 1.62mg (81.08%), Vitamin B1: 1.05mg (70.2%), Iron: 12.53mg (69.6%), Selenium: 48.52µg (69.31%), Copper: 1.28mg (63.93%), Vitamin C: 52.08mg (63.13%), Vitamin B2: 0.96mg (56.68%), Phosphorus: 566.24mg (56.62%), Vitamin E: 7.99mg (53.29%), Manganese: 1.04mg (51.86%), Folate: 191.86µg (47.96%), Vitamin B3: 9.03mg (45.14%), Potassium: 1457.45mg (41.64%), Vitamin B5: 3.71mg (37.06%), Magnesium: 134.95mg (33.74%), Fiber: 8.27g (33.06%), Calcium: 201.04mg (20.1%), Zinc: 2.7mg (18.02%)