



Duck Breasts with Broccoli Rabe

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds broccoli rabe
- 0.3 cup cooking sherry dry such as amontillado
- 24 ounce duck breasts boneless
- 2 medium garlic cloves minced
- 2 tablespoons olive oil
- 0.5 bell pepper red thinly sliced
- 1 medium onion red thinly sliced
- 4 servings salt and pepper freshly ground

- 1 tablespoon soya sauce
- 1 tablespoon butter unsalted

Equipment

- frying pan
- colander

Directions

- Rub the duck breasts all over with the soy sauce and 1 tablespoon of the sherry.
- Let marinate at room temperature for up to 1 hour.
- Cook the broccoli rabe in boiling salted water until bright green, about 2 minutes.
- Drain in a colander.
- Let cool, chop coarsely, and set aside.
- Season the duck breasts on both sides with salt and pepper.
- Heat a large nonreactive skillet over high heat.
- Add 1 teaspoon of the olive oil and when it is almost smoking, add the duck breasts, skin side down. Reduce the heat to moderate and cook until the skin is brown and crisp, about 4 minutes. Turn the breasts and cook the other side until browned, about 3 minutes for medium-rare.
- Transfer the duck to a plate and pour the fat from the skillet.
- Heat the remaining 2 tablespoons olive oil in the skillet.
- Add the onion and bell pepper and cook over moderate heat, stirring, until softened, about 5 minutes. Stir in the garlic and anchovy paste and cook for 1 minute. Stir in the broccoli rabe, season with salt and pepper.
- Add the remaining 3 tablespoons sherry and simmer over moderately high heat for 2 minutes. Stir in the butter; season with salt and pepper.
- Return the duck breasts, skin side up, to the skillet to reheat briefly.
- Transfer the broccoli rabe to plates, arrange the duck breasts alongside and serve at once.
- Serve With: Roasted potatoes.

Wine Recommendation: The intensity of duck, garlic, onion, and sherry add up to a strong sweet savoriness. A Rhne, such as the 1993 Domaine Raspail Gigondas or the 1992 Guigal Ctes du Rhne, can provide a contrasting fruity note.

Nutrition Facts

PROTEIN 44.47% **FAT 43.79%** **CARBS 11.74%**

Properties

Glycemic Index:37.75, Glycemic Load:1.09, Inflammation Score:-10, Nutrition Score:49.059999697882%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg, Quercetin: 10.75mg

Nutrients (% of daily need)

Calories: 378.19kcal (18.91%), Fat: 18.35g (28.23%), Saturated Fat: 5.19g (32.41%), Carbohydrates: 11.07g (3.69%), Net Carbohydrates: 4.1g (1.49%), Sugar: 2.89g (3.21%), Cholesterol: 138.5mg (46.17%), Sodium: 620.18mg (26.96%), Alcohol: 1.54g (100%), Alcohol %: 0.42% (100%), Protein: 41.93g (83.85%), Vitamin K: 513.41µg (488.96%), Vitamin B12: 22.12µg (368.64%), Vitamin A: 6590.63IU (131.81%), Vitamin C: 77.9mg (94.43%), Vitamin B6: 1.52mg (75.99%), Vitamin B1: 1.08mg (71.67%), Iron: 12.84mg (71.36%), Folate: 211.62µg (52.91%), Selenium: 36.74µg (52.48%), Manganese: 1.01mg (50.69%), Phosphorus: 505.47mg (50.55%), Vitamin B2: 0.83mg (49.11%), Vitamin B3: 8.93mg (44.67%), Vitamin E: 5.01mg (33.37%), Copper: 0.63mg (31.53%), Potassium: 999.07mg (28.54%), Fiber: 6.97g (27.88%), Calcium: 263.4mg (26.34%), Magnesium: 95.6mg (23.9%), Vitamin B5: 2.21mg (22.08%), Zinc: 3.08mg (20.53%)