



Duck Breasts with Cider-Farro Risotto

READY IN



45 min.

SERVINGS



8

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups apple cider
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1.5 cups cooking wine dry white
- ☐ 6 ounce duck breast halves boneless thawed
- ☐ 2 cups farro
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 4 cups fennel bulb chopped (2)

- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons lemon rind grated
- ☐ 2 tablespoons olive oil divided
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt

Equipment

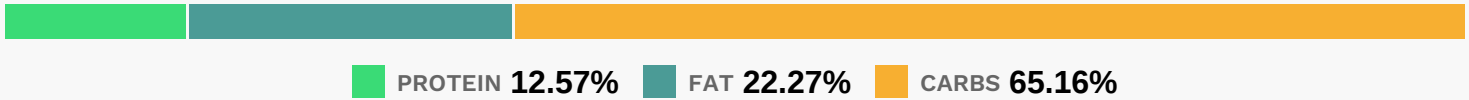
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare risotto, place farro in a large bowl; cover with water to 1 inch above farro.
- ☐ Let stand 30 minutes; drain.
- ☐ Combine broth and cider in a large saucepan; bring to a simmer (do not boil). Keep warm over low heat.
- ☐ Melt 2 tablespoons butter in a large saucepan over medium-high heat.
- ☐ Add fennel, and saut for 5 minutes or until lightly browned and tender.
- ☐ Remove fennel from pan.
- ☐ Add farro, and cook for 3 minutes over medium heat, stirring constantly.
- ☐ Add wine, and cook for 5 minutes or until the liquid is nearly absorbed, stirring constantly.
- ☐ Add broth mixture, 1 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 35 minutes total).
- ☐ Add up to 1 cup water as needed until farro is al dente. Stir in fennel, grated lemon rind, 1 teaspoon salt, 1 teaspoon pepper, and cinnamon.
- ☐ Remove from heat. Cover and keep warm.
- ☐ To prepare duck, sprinkle duck with 1/2 teaspoon salt, thyme, and 1/4 teaspoon black pepper; rub with garlic.

- ☐
- Heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat.
- ☐
- Add 4 breast halves, and cook for 2 1/2 minutes or until browned. Turn breasts over, and cook over medium-low heat for 5 1/2 minutes or until desired degree of doneness. Repeat procedure with remaining 1 tablespoon olive oil and 4 breast halves.
- ☐
- Serve duck with farro risotto.

Nutrition Facts



Properties

Glycemic Index:36.84, Glycemic Load:5.12, Inflammation Score:-6, Nutrition Score:17.109565361686%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epicatechin: 4.42mg, Epicatechin: 4.42mg, Epicatechin: 4.42mg, Epicatechin: 4.42mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 355.2kcal (17.76%), Fat: 8.2g (12.61%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 53.97g (17.99%), Net Carbohydrates: 44.42g (16.15%), Sugar: 11.21g (12.46%), Cholesterol: 23.9mg (7.97%), Sodium: 852.03mg (37.04%), Alcohol: 4.64g (100%), Alcohol %: 1.71% (100%), Protein: 10.41g (20.82%), Vitamin B12: 2.94µg (49%), Manganese: 0.95mg (47.45%), Fiber: 9.54g (38.18%), Selenium: 25.58µg (36.54%), Vitamin K: 31.51µg (30.01%), Phosphorus: 198.2mg (19.82%), Vitamin B3: 3.91mg (19.54%), Vitamin B6: 0.34mg (17%), Copper: 0.34mg (16.96%), Iron: 2.97mg (16.52%), Magnesium: 62.48mg (15.62%), Potassium: 533.97mg (15.26%), Vitamin B1: 0.21mg (14.27%), Vitamin B2: 0.18mg (10.46%), Vitamin C: 8.26mg (10.01%), Zinc: 1.41mg (9.41%), Folate: 26.12µg (6.53%), Vitamin B5: 0.59mg (5.93%), Vitamin E: 0.86mg (5.76%), Calcium: 57.14mg (5.71%), Vitamin A: 177.18IU (3.54%)