



Duck Breasts with Orange-Ginger Sauce

 **Gluten Free**  **Dairy Free**

READY IN



39 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon bottled ginger minced
- 27.6 ounce duck breasts boneless (such as Moulard)
- 1 cup less-sodium chicken broth fat-free
- 2 teaspoons flat-leaf parsley fresh finely chopped
- 2 teaspoons olive oil
- 0.5 cup onion finely chopped
- 0.3 cup low-sugar orange marmalade
- 1 tablespoon orange rind fresh grated

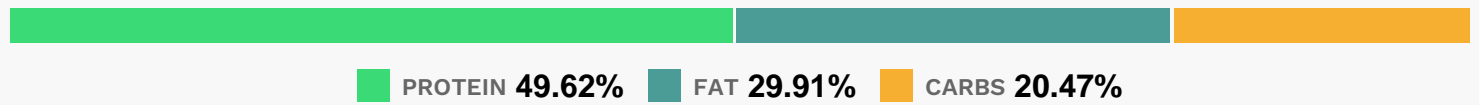
Equipment

- frying pan
- kitchen thermometer

Directions

- Heat oil in a large nonstick skillet over medium heat.
- Add duck, and cook 6 to 8 minutes on each side or until a thermometer registers 160 (medium) or until desired degree of doneness.
- Remove from pan; thinly slice, and keep warm.
- Add onion and ginger to pan; cook over medium-high heat 1 minute.
- Add broth and marmalade. Bring to a boil; reduce heat, and simmer 9 minutes or until reduced to 1 cup; stir in orange rind and parsley.
- Serve warm with duck.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:24.245217613552%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 322.23kcal (16.11%), Fat: 10.56g (16.25%), Saturated Fat: 2.84g (17.72%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 15.54g (5.65%), Sugar: 13g (14.44%), Cholesterol: 150.62mg (50.21%), Sodium: 356.21mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.41g (78.82%), Vitamin B12: 25.54µg (425.72%), Vitamin B6: 1.22mg (60.91%), Selenium: 40.63µg (58.05%), Vitamin B1: 0.8mg (53.29%), Iron: 9mg (50.02%), Phosphorus: 378.3mg (37.83%), Vitamin B2: 0.61mg (35.99%), Vitamin B3: 7.04mg (35.22%), Copper: 0.63mg

(31.67%), Vitamin C: 16.86mg (20.44%), Potassium: 596.9mg (17.05%), Vitamin B5: 1.68mg (16.76%), Magnesium: 47.97mg (11.99%), Zinc: 1.44mg (9.6%), Folate: 18.84µg (4.71%), Fiber: 0.72g (2.86%), Vitamin A: 126.99IU (2.54%), Calcium: 23.44mg (2.34%), Manganese: 0.04mg (2.24%), Vitamin E: 0.32mg (2.12%), Vitamin K: 2.11µg (2.01%)