



Duck Breasts with Pinot Noir and Cherry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 cup cherries dried
- 24 ounce duck breast halves boneless
- 0.5 cup less-sodium chicken broth fat-free
- 1 garlic clove minced
- 1 tablespoon olive oil divided
- 1.5 cups pinot noir chocolate brownies dry red

- 3 tablespoons red wine vinegar
- 0.3 teaspoon salt divided
- 0.3 cup shallots chopped
- 3 tablespoons sugar
- 2 tablespoons water
- 0.3 cup whipping cream

Equipment

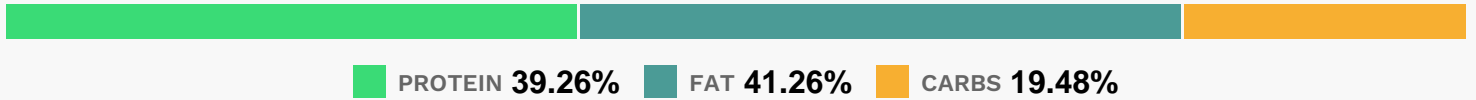
- frying pan
- sauce pan
- sieve

Directions

- Combine sugar and 2 tablespoons water in a small, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring gently as needed to dissolve sugar evenly (about 1 minute). Continue cooking 5 minutes or until golden (do not stir).
- Remove from heat; carefully stir in cherries and vinegar (caramelized sugar will harden and stick to spoon).
- Place pan over low heat until caramelized sugar melts.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Sprinkle 1/8 teaspoon salt and pepper over duck.
- Add duck to pan; cook 5 minutes. Turn duck over; cook 4 minutes or until desired degree of doneness.
- Remove from pan; let stand 5 minutes.
- Cut duck across the grain into thin slices.
- Return skillet to medium heat.
- Add remaining 1 teaspoon oil, shallots, and garlic to pan; cook 1 minute or until tender, stirring frequently.
- Add wine to pan; increase heat to medium-high. Bring mixture to a boil; cook until reduced to 3/4 cup (about 6 minutes).

- Add broth; bring to a boil. Cook until reduced to 1/2 cup (about 6 minutes).
- Pour wine mixture through a fine sieve into cherry mixture; discard solids. Bring cherry mixture to a simmer over medium heat. Stir in cream; simmer 3 minutes.
- Remove from heat; stir in remaining 1/8 teaspoon salt.
- Serve sauce over duck.

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:7.49, Inflammation Score:-6, Nutrition Score:22.563912925513%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg, Malvidin: 23.62mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 1.92mg, Peonidin: 1.92mg, Peonidin: 1.92mg, Peonidin: 1.92mg Catechin: 7.68mg, Catechin: 7.68mg, Catechin: 7.68mg, Catechin: 7.68mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 10.46mg, Epicatechin: 10.46mg, Epicatechin: 10.46mg, Epicatechin: 10.46mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 426.15kcal (21.31%), Fat: 16.32g (25.1%), Saturated Fat: 6.13g (38.29%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 16.46g (5.99%), Sugar: 12.84g (14.27%), Cholesterol: 147.78mg (49.26%), Sodium: 365.72mg (15.9%), Alcohol: 9.45g (100%), Alcohol %: 3.26% (100%), Protein: 34.93g (69.86%), Vitamin B12: 22.19µg (369.89%), Vitamin B6: 1.1mg (54.94%), Selenium: 35.43µg (50.62%), Vitamin B1: 0.7mg (46.7%), Iron: 8.04mg (44.68%), Phosphorus: 342.77mg (34.28%), Vitamin B2: 0.56mg (32.68%), Vitamin B3: 6.01mg (30.07%), Copper: 0.55mg (27.34%), Potassium: 574.66mg (16.42%), Vitamin C: 13.32mg (16.14%), Vitamin B5: 1.52mg (15.15%), Magnesium: 44.57mg (11.14%), Zinc: 1.32mg (8.79%), Vitamin A: 320.85IU (6.42%), Vitamin E: 0.66mg (4.4%), Manganese: 0.08mg (4.25%), Folate: 16.84µg (4.21%), Fiber: 0.87g (3.47%), Vitamin K: 3.18µg (3.03%), Calcium: 26.52mg (2.65%), Vitamin D: 0.24µg (1.59%)