



Duck Breasts with Sour Cherries

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

READY IN



45 min.

SERVINGS



12

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces cherries dried sour
- 60 ounces pekin duck breast halves skinless
- 1 tablespoon dijon honey mustard
- 2 tablespoons olive oil extra-virgin
- 2 cups red wine
- 12 servings saffron rice pilaf
- 12 servings salt and pepper freshly ground
- 6 shallots thinly sliced

- 0.5 pound mushroom caps thinly sliced
- 1 cup water

Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Preheat the oven to 25
- In a small saucepan, combine the wine and dried cherries and simmer over low heat for 3 minutes. Set aside.
- In each of 2 large skillets, heat 1 tablespoon of olive oil. Season the duck breasts on both sides with salt and pepper.
- Add 6 duck breasts to each skillet and cook over moderately high heat until well browned and medium rare, about 4 minutes per side.
- Transfer the duck breasts to a baking sheet, cover with foil and keep warm in the oven.
- Add half the mushrooms and shallots to each skillet, cover and cook over low heat, stirring once, until they are browned, about 4 minutes. Uncover and add 1/2 cup of water to each skillet. Simmer over moderately high heat, scraping up any browned bits from the skillets, until the water has reduced by half, about 4 minutes.
- Add half of the cherry-and-wine mixture to each skillet and simmer until reduced by one-third, about 3 minutes. Scrape the contents of 1 skillet into the other. Stir in the honey mustard and season with salt and pepper.
- Remove the duck breasts from the oven and pour any accumulated juices into the sauce.
- Cut the duck breasts crosswise into 1/4 -inch-thick slices and arrange them on a warmed platter.
- Pour any carving juices into the sauce. Reheat the sauce briefly and pour it over the duck.
- Serve at once with the Saffron Rice Pilaf.

Wine Recommendation: Red wine, such as the 1991 Quinta do Carvalhinho Bairrada Reserva from Portugal or the 1989 Cune Imperial Gran Reserva Rioja from Spain.

Notes: ONE SERVING: Calories 209 kcal, Total Fat 3 gm, Saturated Fat .3 gm

Nutrition Facts

PROTEIN 48.15% **FAT 31.29%** **CARBS 20.56%**

Properties

Glycemic Index:11.52, Glycemic Load:1.41, Inflammation Score:-5, Nutrition Score:20.588260811308%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 280.6kcal (14.03%), Fat: 8.54g (13.14%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 10.84g (3.94%), Sugar: 6.82g (7.58%), Cholesterol: 109.15mg (36.38%), Sodium: 288.23mg (12.53%), Alcohol: 4.24g (100%), Alcohol %: 2.17% (100%), Protein: 29.57g (59.14%), Vitamin B12: 18.43µg (307.12%), Vitamin B6: 0.97mg (48.67%), Selenium: 29.81µg (42.58%), Iron: 6.97mg (38.7%), Vitamin B1: 0.58mg (38.67%), Phosphorus: 302.67mg (30.27%), Vitamin B3: 5.68mg (28.41%), Vitamin B2: 0.48mg (28.33%), Copper: 0.47mg (23.65%), Potassium: 531.1mg (15.17%), Vitamin B5: 1.48mg (14.76%), Vitamin C: 9.79mg (11.86%), Magnesium: 42.84mg (10.71%), Zinc: 1.31mg (8.71%), Vitamin A: 411.9IU (8.24%), Manganese: 0.14mg (7.21%), Fiber: 1.77g (7.1%), Folate: 15.69µg (3.92%), Vitamin E: 0.34mg (2.28%), Calcium: 21.98mg (2.2%), Vitamin K: 1.67µg (1.59%)