



Duck Poppers

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

READY IN



165 min.

SERVINGS



2

CALORIES



1039 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon thinly sliced cut into thirds
- 0.3 teaspoon pepper black freshly ground
- 0.5 pound cream cheese (recommended: Philadelphia)
- 2 liberty duck breasts skinless
- 0.3 teaspoon garlic salt
- 0.3 teaspoon seasonings italian
- 6 slices jalapeno fresh
- 0.8 cup olive oil

- 0.3 teaspoon chili flakes red
- 0.3 cup red wine vinegar
- 2 tablespoons cajun spices (2 teaspoons paprika, 2 teaspoons cayenne, 2 teaspoons garlic powder)
- 6 slices onions white

Equipment

- bowl
- whisk
- plastic wrap
- toothpicks
- grill
- grill pan

Directions

- Watch how to make this recipe.
- Mix all the ingredients thoroughly in a small bowl. Cover and refrigerate until needed.
- Whisk all the ingredients in a medium bowl until blended.
- For the duck poppers: Slice each duck breast, horizontally, into 3 slices. Cover the slices with plastic wrap and lightly pound until thin. Put 1 jalapeno pepper slice, 1 onion slice and 1 tablespoon Cajun cream cheese on 1 end of each slice.
- Roll up and wrap in a piece of the bacon. Secure the roll with a toothpick to hold the bacon in place.
- Add them to the zesty Italian dressing and marinate for 2 hours.
- Preheat a grill pan or grill over medium heat.
- Add the duck poppers and cook just until bacon is done!
- Remove them from the grill, transfer to a serving platter and serve.

Nutrition Facts



PROTEIN 22.5% FAT 64.36% CARBS 13.14%

Properties

Glycemic Index:64, Glycemic Load:6.04, Inflammation Score:-10, Nutrition Score:54.73521671347%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 3.72mg, Luteolin: 3.72mg, Luteolin: 3.72mg, Luteolin: 3.72mg Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 22.22mg, Quercetin: 22.22mg, Quercetin: 22.22mg, Quercetin: 22.22mg

Nutrients (% of daily need)

Calories: 1039.07kcal (51.95%), Fat: 74.81g (115.1%), Saturated Fat: 31.3g (195.65%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 25.12g (9.13%), Sugar: 17.39g (19.33%), Cholesterol: 303.07mg (101.02%), Sodium: 942.72mg (40.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.84g (117.67%), Vitamin B12: 29.74µg (495.66%), Vitamin C: 337.59mg (409.2%), Vitamin B6: 2.8mg (140.03%), Vitamin A: 4642.04IU (92.84%), Selenium: 62.65µg (89.5%), Vitamin E: 13.27mg (88.49%), Vitamin B1: 1.15mg (76.95%), Phosphorus: 692.78mg (69.28%), Vitamin B2: 1.17mg (68.96%), Iron: 11.99mg (66.6%), Vitamin K: 64.51µg (61.44%), Vitamin B3: 12.28mg (61.42%), Potassium: 1648.51mg (47.1%), Copper: 0.9mg (45.07%), Fiber: 9.25g (37%), Vitamin B5: 3.55mg (35.46%), Magnesium: 116.1mg (29.03%), Folate: 109.11µg (27.28%), Manganese: 0.47mg (23.62%), Zinc: 3.13mg (20.85%), Calcium: 174.32mg (17.43%)