



Duck Sate with Pomegranate Sauce

 **Gluten Free**

READY IN



35 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- 0.5 cup celery leaves
- 8 ounce duck breasts
- 1 tablespoon grapeseed oil
- 1 teaspoon ground cinnamon
- 1 tablespoon olive oil
- 1 cup pomegranate juice
- 0.3 cup onion red peeled halved thinly sliced
- 1 tablespoon rice wine vinegar

- 6 servings salt and pepper black freshly ground
- 1 teaspoon sugar
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- skewers
- cutting board

Directions

- For the salad: In a small bowl, combine the onions, celery leaves, and oil and toss well to coat. Season the salad, to taste, keeping cold until plating.
- For the sauce: In a small saucepan over medium heat, cook the pomegranate juice, vinegar, and sugar for 10 to 12 minutes. Reduce the heat to medium-low, add the cinnamon, and cook for an additional 4 to 5 minutes, allowing the sauce to thicken to almost a syrup consistency. Once reduced, remove the sauce from the heat, whisk in the butter, allowing the butter to fully incorporate into the sauce. Hold at room temperature.
- Place the duck breasts on a cutting board, skin-side down, and slice from top to bottom into 6 or 7 (1/8-inch) thick slices. Season with salt and pepper on both sides, then thread each slice onto a 10-inch wooden skewer in a ribbon fashion.
- Heat the oil in a saute pan over medium-high heat until wisps of smoke appear. Season the duck again with salt and pepper and add to the hot pan, searing on each side for 2 minutes, cooking in batches if necessary.
- Place 2 skewers of duck sate over a bed of salad and drizzle with the pomegranate sauce.

Nutrition Facts

  

PROTEIN 20.3% **FAT 59.85%** **CARBS 19.85%**

Properties

Glycemic Index:45.02, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:9.6943478467672%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 153.16kcal (7.66%), Fat: 10.25g (15.76%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.97g (2.54%), Sugar: 6.45g (7.17%), Cholesterol: 39.14mg (13.05%), Sodium: 41.99mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.82g (15.64%), Vitamin B12: 4.92µg (82.03%), Vitamin B6: 0.27mg (13.35%), Vitamin K: 12.12µg (11.54%), Selenium: 7.88µg (11.25%), Vitamin B1: 0.17mg (11%), Iron: 1.85mg (10.27%), Vitamin E: 1.34mg (8.92%), Phosphorus: 83.13mg (8.31%), Vitamin B2: 0.13mg (7.92%), Vitamin B3: 1.46mg (7.3%), Potassium: 255.08mg (7.29%), Manganese: 0.14mg (7.05%), Copper: 0.14mg (6.75%), Folate: 20.77µg (5.19%), Vitamin B5: 0.49mg (4.85%), Vitamin A: 226.84IU (4.54%), Vitamin C: 3.5mg (4.25%), Magnesium: 14.55mg (3.64%), Fiber: 0.67g (2.69%), Zinc: 0.35mg (2.34%), Calcium: 20.21mg (2.02%)