



Duck Scallopine with Dried Cherries and Grappa

READY IN



30 min.

SERVINGS



4

CALORIES



1210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chicken stock see
- ☐ 2 bunches chives into 1inch pieces snipped
- ☐ 0.5 cup cherries dried
- ☐ 0.5 cup cooking wine dry red
- ☐ 1 magret of duck
- ☐ 0.5 cup grappa
- ☐ 0.5 cup the flour seasoned
- ☐ 2 tablespoons butter unsalted

☐ 4 tablespoons virgin olive oil

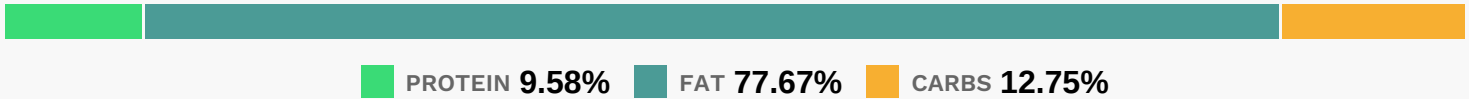
Equipment

- ☐ frying pan
- ☐ meat tenderizer

Directions

- ☐ Split duck breast in half, lengthwise.
- ☐ Leaving fat on, slice magret on bias until there are six pieces from each breast. Pound each piece to 1/4 inch thick with a meat mallet and dredge in seasoned flour.
- ☐ In a 12 to 14 inch saute pan, heat oil until smoking.
- ☐ Add duck pieces and saute until golden brown, without turning.
- ☐ Add cherries, grappa, wine, stock and butter and bring to a boil. Reduce by half, about 6 to 7 minutes and flip duck pieces over. Cook 30 more seconds, sprinkle with chives and serve with braised red cabbage.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:19.556956674742%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 1210.05kcal (60.5%), Fat: 95.19g (146.45%), Saturated Fat: 30.88g (192.98%), Carbohydrates: 35.14g (11.71%), Net Carbohydrates: 33.67g (12.24%), Sugar: 10.47g (11.63%), Cholesterol: 161.11mg (53.7%), Sodium: 1530.1mg (66.53%), Alcohol: 15.09g (100%), Alcohol %: 5.49% (100%), Protein: 26.43g (52.85%), Iron: 15.06mg (83.66%), Vitamin B3: 8mg (40.02%), Selenium: 24.43µg (34.9%), Phosphorus: 276.43mg (27.64%), Vitamin B1: 0.39mg (25.91%), Vitamin B2: 0.43mg (25.37%), Copper: 0.47mg (23.56%), Vitamin E: 3.53mg (23.52%), Vitamin K: 23.74µg (22.61%), Vitamin A: 1121.65IU (22.43%), Vitamin B6: 0.38mg (19.21%), Vitamin B5: 1.83mg (18.31%), Zinc: 2.66mg (17.71%), Potassium: 438.43mg (12.53%), Vitamin D: 1.44µg (9.61%), Vitamin B12: 0.49µg (8.16%), Vitamin C: 6.57mg (7.96%), Magnesium: 30.83mg (7.71%), Folate: 28.64µg (7.16%), Fiber: 1.48g (5.9%), Calcium: 39.21mg (3.92%), Manganese: 0.04mg (2.01%)