



Duck with Dried Cherries and Rosemary



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cooking wine dry red
- ☐ 24 ounce duck breast halves boneless
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons raspberry vinegar
- ☐ 0.3 teaspoon salt

- ☐ 0.1 teaspoon sugar
- ☐ 0.5 cup cherries dried sweet

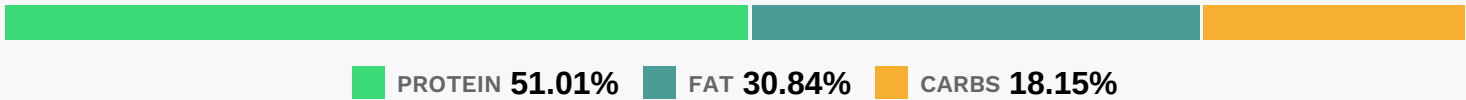
Equipment

- ☐ frying pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Combine first 6 ingredients, and set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle both sides of duck with salt and pepper.
- ☐ Add duck to pan, and cook 3 minutes on each side or until a thermometer inserted into thickest portion registers 17
- ☐ Place duck on a cutting board; cover with foil.
- ☐ Add cherry mixture to pan; cook over medium-low heat 5 minutes.
- ☐ Remove from heat.
- ☐ Cut duck into thin slices; spoon cherry mixture over duck.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:21.453913185907%

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

2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg
Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg,
Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg,
Isorhamnetin: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin:
0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 303.81kcal (15.19%), Fat: 9.36g (14.39%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 12.39g (4.13%), Net
Carbohydrates: 10.84g (3.94%), Sugar: 8.02g (8.91%), Cholesterol: 130.97mg (43.66%), Sodium: 245.42mg
(10.67%), Alcohol: 3.15g (100%), Alcohol %: 1.76% (100%), Protein: 34.82g (69.64%), Vitamin B12: 22.11µg (368.54%),
Vitamin B6: 1.02mg (51.21%), Selenium: 34.04µg (48.63%), Vitamin B1: 0.68mg (45.4%), Iron: 7.98mg (44.33%),
Phosphorus: 317.85mg (31.78%), Vitamin B2: 0.51mg (30.1%), Vitamin B3: 5.8mg (28.98%), Copper: 0.52mg
(25.82%), Vitamin B5: 1.37mg (13.69%), Potassium: 470.54mg (13.44%), Vitamin C: 10.7mg (12.98%), Vitamin A:
643.33IU (12.87%), Magnesium: 38.9mg (9.72%), Zinc: 1.2mg (8.02%), Fiber: 1.55g (6.19%), Folate: 10.88µg (2.72%),
Calcium: 21.67mg (2.17%), Manganese: 0.04mg (2.1%), Vitamin E: 0.29mg (1.95%), Vitamin K: 1.41µg (1.34%)