



Duck with Grape Demi-Glace

 **Gluten Free**

READY IN



45 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon balsamic vinegar
- 0.1 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 0.5 teaspoon cornstarch
- 2 tablespoons veal and duck demi-glace (such as D'Artagnan)
- 1.5 pounds duck breasts boneless skinless trimmed
- 0.3 cup fennel bulb chopped
- 5 juniper berries crushed

- 1 teaspoon olive oil
- 0.5 cup ruby port
- 0.5 cup grapes red seedless halved
- 0.7 cup grapes red seedless coarsely chopped
- 0.5 cup red wine
- 1 sprig rosemary (1-inch)
- 0.3 cup shallots chopped
- 1 sprig thyme leaves (2-inch)
- 1 teaspoon water

Equipment

- frying pan
- sauce pan
- whisk
- sieve

Directions

- Heat oil in a medium saucepan over medium–low heat.
- Add fennel and shallots; cover and cook 3 minutes or until tender.
- Add 2/3 cup grapes and next 5 ingredients (2/3 cup grapes through rosemary). Bring to a boil; reduce heat, and simmer until liquid is reduced to 3/4 cup (about 10 minutes). Strain wine mixture through a fine sieve; discard solids. Return wine mixture to pan.
- Heat a large skillet coated with cooking spray over medium heat.
- Add duck; cook 8 minutes on each side or until done.
- Let stand 5 minutes; cut into 1/4-inch–thick slices.
- Combine water and cornstarch.
- Add cornstarch mixture and demi–glace to wine mixture, stirring constantly with a whisk. Bring to a boil; cook 1 minute.
- Add 1/2 cup grapes; cook 30 seconds.

Remove from heat; stir in balsamic vinegar, butter, and pepper.

Nutrition Facts

PROTEIN 47.03% **FAT 28.24%** **CARBS 24.73%**

Properties

Glycemic Index:71.5, Glycemic Load:3.12, Inflammation Score:-5, Nutrition Score:17.323912972989%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 1.72mg, Petunidin: 1.72mg, Petunidin: 1.72mg, Petunidin: 1.72mg Delphinidin: 1.18mg, Delphinidin: 1.18mg, Delphinidin: 1.18mg, Delphinidin: 1.18mg Malvidin: 21.73mg, Malvidin: 21.73mg, Malvidin: 21.73mg, Malvidin: 21.73mg Peonidin: 1.04mg, Peonidin: 1.04mg, Peonidin: 1.04mg, Peonidin: 1.04mg Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg, Catechin: 3.4mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 246.92kcal (12.35%), Fat: 6.53g (10.05%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 11.99g (4.36%), Sugar: 8.02g (8.92%), Cholesterol: 89.11mg (29.7%), Sodium: 176.15mg (7.66%), Alcohol: 5.18g (100%), Alcohol %: 3.14% (100%), Protein: 24.47g (48.93%), Vitamin B12: 14.74µg (245.72%), Vitamin B6: 0.77mg (38.28%), Selenium: 23.06µg (32.94%), Vitamin B1: 0.49mg (32.47%), Iron: 5.75mg (31.93%), Phosphorus: 234.13mg (23.41%), Vitamin B2: 0.38mg (22.11%), Vitamin B3: 4.06mg (20.3%), Copper: 0.41mg (20.27%), Potassium: 470.57mg (13.44%), Vitamin C: 9.88mg (11.97%), Vitamin B5: 0.99mg (9.86%), Magnesium: 35.29mg (8.82%), Vitamin K: 8.04µg (7.65%), Manganese: 0.13mg (6.42%), Zinc: 0.92mg (6.16%), Fiber: 0.88g (3.51%), Folate: 13.52µg (3.38%), Vitamin A: 116.37IU (2.33%), Calcium: 18.3mg (1.83%), Vitamin E: 0.2mg (1.37%)