



## Duck with Olives and Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 stick cinnamon (3-inch)
- 0.8 cup couscous
- 0.5 cup cooking wine dry white
- 24 ounce duck breast halves boneless
- 1.3 cups less-sodium chicken broth fat-free
- 0.3 cup olives green pitted chopped
- 1 teaspoon herbs de provence dried
- 1 tablespoon olive oil

- 0.3 teaspoon salt
- 0.3 cup shallots minced
- 1.5 teaspoons tomato paste
- 1 cup water

## Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Bring water to a boil in a medium saucepan; gradually stir in couscous and salt.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- While couscous stands, heat oil in a large nonstick skillet over medium-high heat.
- Add duck; cook 3 minutes on each side or until browned.
- Combine broth, wine, shallots, herbes de Provence, tomato paste, and cinnamon in a bowl, stirring with a whisk.
- Add broth mixture to pan. Cover, reduce heat, and simmer 3 minutes.
- Remove duck from pan; keep warm. Bring broth mixture to a boil; cook, uncovered, for 2 minutes. Stir in olives; cook 1 minute. Discard cinnamon stick. Spoon about 1/2 cup couscous onto each of 4 plates. Top each serving with 1 duck breast half and about 1/4 cup sauce.

## Nutrition Facts



**PROTEIN 40.02%** **FAT 28.96%** **CARBS 31.02%**

## Properties

Glycemic Index:40, Glycemic Load:16.15, Inflammation Score:-4, Nutrition Score:25.859999853632%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 417.14kcal (20.86%), Fat: 12.49g (19.21%), Saturated Fat: 2.92g (18.24%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 27.07g (9.84%), Sugar: 1.9g (2.11%), Cholesterol: 130.97mg (43.66%), Sodium: 691.6mg (30.07%), Alcohol: 3.09g (100%), Alcohol %: 1% (100%), Protein: 38.83g (77.67%), Vitamin B12: 22.25µg (370.91%), Vitamin B6: 1.14mg (57.12%), Selenium: 36.02µg (51.46%), Vitamin B1: 0.75mg (50.21%), Iron: 8.87mg (49.3%), Phosphorus: 396.87mg (39.69%), Vitamin B3: 7.49mg (37.43%), Vitamin B2: 0.56mg (33.14%), Copper: 0.65mg (32.56%), Manganese: 0.52mg (25.94%), Vitamin B5: 1.91mg (19.14%), Potassium: 633.91mg (18.11%), Magnesium: 62.05mg (15.51%), Vitamin C: 12.38mg (15.01%), Fiber: 3.02g (12.09%), Zinc: 1.62mg (10.83%), Vitamin K: 7.28µg (6.93%), Vitamin E: 0.97mg (6.45%), Folate: 23.99µg (6%), Calcium: 44.49mg (4.45%), Vitamin A: 170.3IU (3.41%)