



Duck with Port and Cranberry-Cherry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 1.5 tablespoons butter divided
- ☐ 3 tablespoons cherries dried
- ☐ 24 ounce duck breast halves boneless
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup port
- ☐ 0.3 cup currant jelly red
- ☐ 1 tablespoon red wine vinegar

- ☐ 0.8 teaspoon salt divided
- ☐ 3 tablespoons shallots chopped
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup cranberries dried sweetened

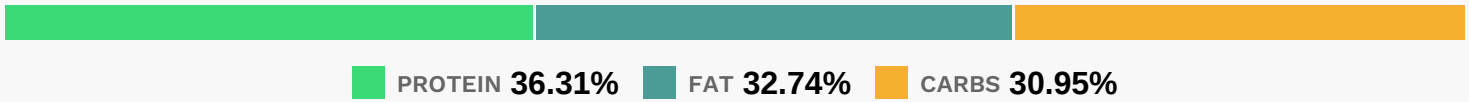
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt 1 1/2 teaspoons butter over medium-high heat in a medium saucepan.
- ☐ Add shallots; saut 1 minute.
- ☐ Add port, jelly, vinegar, and sugar; cook 2 minutes or until sugar dissolves. Stir in cranberries and cherries; cook 2 minutes or until slightly thick.
- ☐ Remove from heat. Stir in remaining 1 tablespoon butter, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ While sauce cooks, heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Sprinkle duck with remaining 1/2 teaspoon salt and remaining 1/8 teaspoon pepper.
- ☐ Add duck to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:64.77, Glycemic Load:9.28, Inflammation Score:-4, Nutrition Score:22.210000022598%

Flavonoids

Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg, Cyanidin: 3.4mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.18mg, Delphinidin: 1.18mg, Delphinidin: 1.18mg, Delphinidin: 1.18mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Pelargonidin: 0.03mg, Pelargonidin:

0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1.35mg, Peonidin: 1.35mg, Peonidin: 1.35mg, Peonidin: 1.35mg Catechin: 3.44mg, Catechin: 3.44mg, Catechin: 3.44mg, Catechin: 3.44mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 412.21kcal (20.61%), Fat: 13.71g (21.09%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 28.01g (10.18%), Sugar: 21.15g (23.5%), Cholesterol: 142.26mg (47.42%), Sodium: 577.89mg (25.13%), Alcohol: 4.59g (100%), Alcohol %: 2.23% (100%), Protein: 34.19g (68.39%), Vitamin B12: 22.12µg (368.69%), Vitamin B6: 1.06mg (52.98%), Selenium: 34.8µg (49.71%), Vitamin B1: 0.7mg (46.54%), Iron: 8.04mg (44.64%), Phosphorus: 332.31mg (33.23%), Vitamin B2: 0.54mg (31.84%), Vitamin B3: 5.93mg (29.66%), Copper: 0.57mg (28.28%), Vitamin C: 13.83mg (16.76%), Potassium: 557.72mg (15.93%), Vitamin B5: 1.44mg (14.42%), Magnesium: 44.55mg (11.14%), Zinc: 1.28mg (8.52%), Manganese: 0.11mg (5.64%), Vitamin A: 229.43IU (4.59%), Fiber: 1.14g (4.56%), Vitamin E: 0.61mg (4.04%), Folate: 15.72µg (3.93%), Vitamin K: 2.64µg (2.52%), Calcium: 18.99mg (1.9%)