



HEALTH SCORE

64%

## Duck with Walnut Sherry Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



560 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 lb duck breast meat – skin left on boneless with skin ( 2)
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup shallots finely chopped
- ☐ 3.5 tablespoons sherry vinegar
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup walnut halves chopped
- ☐ 0.3 cup walnut oil

## Equipment

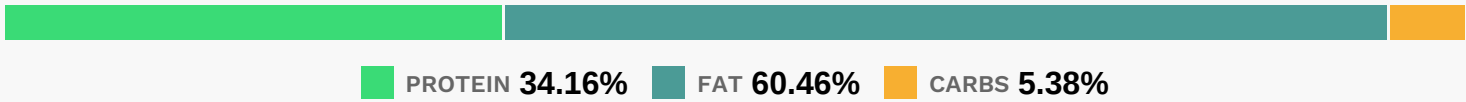
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ broiler
- ☐ cutting board

## Directions

- ☐ Put a 13- by 9-inch shallow flameproof roasting pan (not glass) in middle of oven and preheat oven to 375°F.
- ☐ Pat duck dry and trim off any excess fat. Score duck skin in a crosshatch pattern at 1/2-inch intervals with a sharp knife, then sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place duck, skin sides down, in roasting pan and roast until thermometer inserted diagonally into center registers 135°F, 25 to 30 minutes for medium-rare.
- ☐ Preheat broiler. Turn duck over and broil (skin sides up) 6 inches from heat until fat is golden, 1 to 2 minutes.
- ☐ Transfer to a cutting board and let stand, loosely covered with foil, 10 minutes. (Internal temperature will rise to at least 145°F.)
- ☐ While duck stands, pour off all but 2 teaspoons fat from pan, then add shallots and sauté over moderately high heat, stirring, until golden brown, about 2 minutes.
- ☐ Add sugar and cook, stirring, until sugar is dissolved.
- ☐ Add vinegar, along with remaining 1/4 teaspoon each of salt and pepper, and cook, stirring and scraping up brown bits, 30 seconds.
- ☐ Transfer to a bowl, then whisk in oil until combined. Stir in walnuts.

Thinly slice duck and serve with vinaigrette drizzled around plates.

# Nutrition Facts



## Properties

Glycemic Index:38.02, Glycemic Load:2.44, Inflammation Score:-5, Nutrition Score:30.129999958951%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg

## Nutrients (% of daily need)

Calories: 560.22kcal (28.01%), Fat: 37.49g (57.67%), Saturated Fat: 5.5g (34.41%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 5.83g (2.12%), Sugar: 3.93g (4.37%), Cholesterol: 174.63mg (58.21%), Sodium: 569.08mg (24.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.65g (95.31%), Vitamin B12: 29.48µg (491.39%), Vitamin B6: 1.51mg (75.4%), Selenium: 46.34µg (66.2%), Vitamin B1: 0.97mg (64.61%), Iron: 10.96mg (60.87%), Phosphorus: 485.72mg (48.57%), Copper: 0.94mg (46.77%), Vitamin B2: 0.71mg (41.59%), Vitamin B3: 7.92mg (39.59%), Manganese: 0.6mg (29.8%), Potassium: 746.73mg (21.34%), Vitamin B5: 1.96mg (19.58%), Magnesium: 78.11mg (19.53%), Vitamin C: 15.89mg (19.27%), Zinc: 2.13mg (14.18%), Folate: 34.69µg (8.67%), Fiber: 1.67g (6.7%), Vitamin K: 3.69µg (3.51%), Calcium: 30.62mg (3.06%), Vitamin A: 125.28IU (2.51%), Vitamin E: 0.19mg (1.24%)