






 **58%**
HEALTH SCORE

Ginger & Hoisin Duck with Glass Noodles

 Dairy Free

READY IN

45 min.

SERVINGS

4

CALORIES

407 kcal

SAUCE

Ingredients

- 24 oz duck breast meat – skin left on
- 3 pieces ginger chopped
- 2 tablespoons hoisin sauce
- 7 oz vermicelli dried
- 6 spring onion trimmed chopped

Equipment

- frying pan

Directions

- Prick the duck skin with a fork.
- Heat a large non-stick frying pan over high heat for 2 minutes.
- Add the duck breasts, skin-side down, and cook over medium heat for 10 minutes. Spoon off the fat and discard. Turn the duck breast and cook for another 2 minutes.
- Remove from the heat, cover, and let stand.
- Return the pan to the heat.
- Add the chopped ginger and the syrup and cook over low heat for 1 minute. Increase the heat; add the hoisin and 2 tablespoons of water. Cook for 1 minute.
- Add the scallions and cook, stirring, for 2 minutes until the onions have wilted. Reduce the heat to very low to keep the sauce warm.
- Bring a large pan of salted water to a boil and drop in the glass noodles. Cook for 2 minutes, drain well, and spoon onto warmed serving plates. Slice the duck breast diagonally and arrange over the noodles. Spoon the ginger and hoisin sauce over the top.
- From Take 5 Ingredients: 95 Delicious Dishes Using Just 5 Ingredients by James Tanner. Text copyright © 2010 James Tanner; photography © 2010 Anders Schønnemann. Published by Kyle Books, an imprint of Kyle Cathie Limited. First published in Great Britain in 2010 by Kyle Cathie Limited.

Nutrition Facts

 **PROTEIN 34.61%**  **FAT 17.35%**  **CARBS 48.04%**

Properties

Glycemic Index:11.75, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:24.451739052068%

Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 407.32kcal (20.37%), Fat: 7.66g (11.78%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 47.69g (15.9%), Net Carbohydrates: 46.74g (17%), Sugar: 2.62g (2.91%), Cholesterol: 131.21mg (43.74%), Sodium: 234.49mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.73%), Vitamin B12: 22.11µg (368.54%), Selenium:

38.2µg (54.57%), Vitamin B6: 1.06mg (53.13%), Vitamin B1: 0.77mg (51.01%), Iron: 9.08mg (50.46%), Vitamin K: 37.3µg (35.52%), Phosphorus: 342.21mg (34.22%), Vitamin B2: 0.54mg (31.9%), Vitamin B3: 6.08mg (30.38%), Copper: 0.58mg (28.87%), Vitamin C: 14mg (16.97%), Potassium: 523.13mg (14.95%), Vitamin B5: 1.43mg (14.31%), Magnesium: 44.75mg (11.19%), Zinc: 1.49mg (9.95%), Folate: 24.64µg (6.16%), Vitamin A: 270.09IU (5.4%), Manganese: 0.1mg (5.02%), Fiber: 0.96g (3.82%), Calcium: 33.15mg (3.31%), Vitamin E: 0.19mg (1.25%)