



Goan Duck Vindaloo in Hot-and-Sour Cayenne Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 2 teaspoons cumin seeds
- ☐ 2 pounds duck breast halves boneless skinless
- ☐ 0.5 teaspoon fenugreek seeds
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 tablespoon ground coriander
- ☐ 1 teaspoon ground pepper red
- ☐ 1 teaspoon ground turmeric
- ☐ 2 teaspoons kosher salt
- ☐ 2 teaspoons mustard seeds
- ☐ 1.5 cups onion fresh minced
- ☐ 1 pound potatoes red cut into 1-inch pieces
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons tomato paste
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup water
- ☐ 0.3 cup citrus champagne vinegar

Equipment

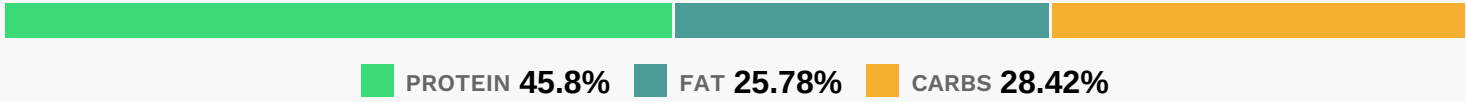
- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 4 ingredients in a spice grinder; process until powdered.
- ☐ Place in a small bowl; stir in ginger, garlic, red pepper, and cinnamon.
- ☐ Add the vinegar, stirring until combined.
- ☐ Place vinegar mixture and duck in a large zip-top plastic bag; seal. Marinate in refrigerator 4 hours or overnight.
- ☐ Heat vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, and saut 6 minutes or until browned.
- ☐ Add coriander and turmeric; saut 1 minute.
- ☐ Add duck to pan; cook 3 minutes on each side. Stir in water, tomato paste, salt, and potatoes, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until duck is done and

- potatoes are tender.
- ☐ Remove from heat.
 - ☐ Remove duck from pan; cut duck diagonally into 1/2-inch-wide slices.
 - ☐ Add sugar to pan; stir to combine. Return duck to pan; stir to combine.

Nutrition Facts



Properties

Glycemic Index:44.35, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:25.737391409667%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg, Quercetin: 8.63mg

Nutrients (% of daily need)

Calories: 289.91kcal (14.5%), Fat: 8.23g (12.66%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 20.42g (6.81%), Net Carbohydrates: 17.13g (6.23%), Sugar: 4.47g (4.96%), Cholesterol: 116.42mg (38.81%), Sodium: 945.13mg (41.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.9g (65.81%), Vitamin B12: 19.66µg (327.59%), Vitamin B6: 1.14mg (56.94%), Iron: 8.76mg (48.68%), Selenium: 33.82µg (48.31%), Vitamin B1: 0.71mg (47.25%), Phosphorus: 366.96mg (36.7%), Vitamin B3: 6.47mg (32.34%), Copper: 0.65mg (32.26%), Vitamin B2: 0.51mg (30.27%), Potassium: 953.98mg (27.26%), Vitamin C: 21.65mg (26.25%), Manganese: 0.38mg (19.2%), Magnesium: 70.14mg (17.54%), Vitamin B5: 1.5mg (15.02%), Fiber: 3.29g (13.17%), Zinc: 1.62mg (10.8%), Folate: 33.78µg (8.44%), Vitamin A: 358.49IU (7.17%), Vitamin K: 5.72µg (5.44%), Calcium: 48.32mg (4.83%), Vitamin E: 0.61mg (4.09%)