



## Grilled Duck Breast Club Panini

READY IN



35 min.

SERVINGS



4

CALORIES



716 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup baby arugula
- ☐ 4 ounces round of président brie sliced
- ☐ 4 servings coarse salt and pepper black
- ☐ 8 strips bacon cooked
- ☐ 2 skin-on duck breasts boneless
- ☐ 2 tablespoons mayonnaise
- ☐ 8 slices sourdough bread
- ☐ 2 medium tomatoes sliced

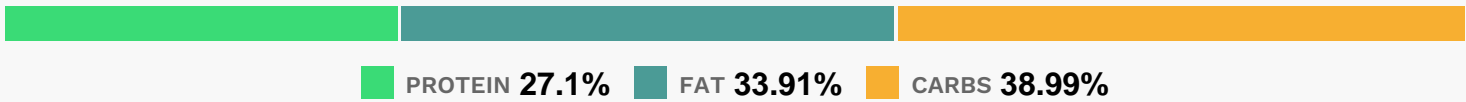
# Equipment

- ☐ knife
- ☐ grill
- ☐ tongs
- ☐ panini press

# Directions

- ☐ Heat the panini maker to medium-low heat. \*With a sharp knife, score the fat layer on the duck breasts by carefully slicing through it until you hit the meat (don't slice through the meat). Make several slices, about an inch apart, in a crosshatch pattern.Season the duck generously on both sides with salt and pepper.Open the panini maker lid and lay one or both duck breasts on the grill (work in batches if only one will fit) skin side down. Leaving the lid open, grill the duck until much of the fat has rendered and the skin is browned and crispy, 6 to 7 minutes. Using tongs, flip the breast(s) over and close the lid. Grill for another 3 to 4 minutes until the meat is cooked through to an internal temperature of 150°F.
- ☐ Spread a few teaspoons of mayonnaise on one slice of bread. Top it with two slices of bacon, 1/4 of the duck, a small handful of arugula, a few slices of tomato and a few slices of Brie. Close the sandwich with a second slice of bread.Grill the panini until the cheese is melted and the bread is toasted, 4 to 5 minutes.

# Nutrition Facts



# Properties

Glycemic Index:56.88, Glycemic Load:51.91, Inflammation Score:-8, Nutrition Score:37.908261133277%

# Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

# Nutrients (% of daily need)

Calories: 716.01kcal (35.8%), Fat: 26.8g (41.23%), Saturated Fat: 9.84g (61.48%), Carbohydrates: 69.36g (23.12%), Net Carbohydrates: 65.76g (23.91%), Sugar: 7.75g (8.61%), Cholesterol: 134.14mg (44.71%), Sodium: 1524.08mg (66.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.19g (96.38%), Vitamin B12: 15.34µg (255.68%), Selenium: 71.6µg (102.29%), Vitamin B1: 1.49mg (99.65%), Vitamin B2: 1.09mg (63.84%), Vitamin B3: 12.17mg (60.86%), Iron: 10.6mg (58.9%), Vitamin B6: 1.02mg (50.94%), Folate: 194.65µg (48.66%), Phosphorus: 477.49mg (47.75%), Manganese: 0.76mg (38.15%), Copper: 0.6mg (29.77%), Zinc: 3.41mg (22.76%), Magnesium: 84.46mg (21.12%), Potassium: 731.95mg (20.91%), Vitamin K: 20.54µg (19.56%), Vitamin C: 15.81mg (19.16%), Vitamin B5: 1.78mg (17.84%), Vitamin A: 809.81IU (16.2%), Fiber: 3.59g (14.38%), Calcium: 134.7mg (13.47%), Vitamin E: 0.98mg (6.51%), Vitamin D: 0.22µg (1.46%)