



Grilled Duck with Warm Mushroom Salad and Truffle Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup asparagus ()
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1.5 tablespoons champagne vinegar
- ☐ 5 ounces crimini mushrooms thinly sliced
- ☐ 24 ounce duck breast meat - skin left on boneless
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons rosemary leaves fresh chopped

- ☐ 3 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt divided
- ☐ 5 ounces mushroom caps thinly sliced
- ☐ 1.5 teaspoons truffle oil

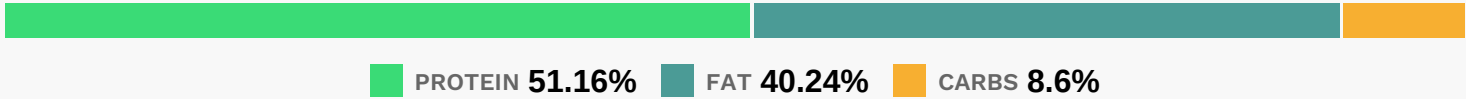
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine first 5 ingredients in a large zip-top plastic bag; seal and marinate in refrigerator overnight or up to 2 days.
- ☐ Prepare grill to medium-high heat.
- ☐ Remove duck from bag; sprinkle evenly with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Place duck on a grill rack coated with cooking spray, and grill 4 minutes on each side or until desired degree of doneness.
- ☐ Remove duck from grill; cover and let stand 10 minutes.
- ☐ Cut the duck across grain into thin slices.
- ☐ While duck stands, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add mushrooms, 1/8 teaspoon salt, and remaining 1/8 teaspoon pepper; saut 10 minutes or until tender.
- ☐ Add asparagus; saut 2 minutes.
- ☐ Combine remaining 1/8 teaspoon salt, vinegar, and truffle oil, stirring with a whisk. Arrange about 1/2 cup mushroom mixture in center of each of 4 plates. Top each serving with 1 sliced duck breast half.
- ☐ Drizzle about 1 1/2 teaspoons vinaigrette over each serving.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:29.960869535156%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 285.05kcal (14.25%), Fat: 12.64g (19.45%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.17g (1.51%), Sugar: 1.97g (2.18%), Cholesterol: 130.97mg (43.66%), Sodium: 395.8mg (17.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.16g (72.33%), Vitamin B12: 22.15µg (369.13%), Selenium: 46.16µg (65.94%), Vitamin B6: 1.22mg (60.98%), Vitamin B1: 0.76mg (50.8%), Iron: 8.78mg (48.75%), Vitamin B2: 0.8mg (47.2%), Vitamin K: 46.5µg (44.29%), Vitamin B3: 8.8mg (44.01%), Phosphorus: 417.57mg (41.76%), Copper: 0.8mg (40.02%), Vitamin B5: 2.52mg (25.24%), Potassium: 803.85mg (22.97%), Vitamin C: 15.56mg (18.86%), Zinc: 2.14mg (14.28%), Magnesium: 54.13mg (13.53%), Manganese: 0.24mg (12.06%), Folate: 40.96µg (10.24%), Vitamin A: 478.7IU (9.57%), Fiber: 1.91g (7.65%), Vitamin E: 1.03mg (6.84%), Calcium: 29.34mg (2.93%), Vitamin D: 0.18µg (1.18%)