



## Grilled Honey and Chile-Glazed Duck Breast



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons new mexican chile powder
- ☐ 1.5 tablespoons cider vinegar
- ☐ 24 ounce duck breast halves boneless
- ☐ 1.5 tablespoons honey
- ☐ 0.3 teaspoon salt

### Equipment

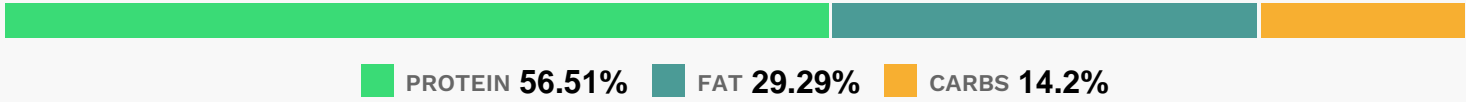
- ☐ bowl

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

## Directions

- ☐ Combine first 3 ingredients in a small bowl; stir until blended.
- ☐ Combine chile powder mixture and duck in a large zip-top plastic bag. Seal and marinate in refrigerator 2 hours, turning bag occasionally.
- ☐ Remove duck from bag; discard marinade.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle duck with salt and pepper.
- ☐ Add duck to pan; cook 5 minutes on each side or until desired degree of doneness.
- ☐ Wine note: This duck is tailor made for a powerful but thickly soft red that can cushion the bird's sweet spiciness. Try a top Argentinian malbec, such as the mouth-filling 2005 Otello Malbec 2005 from Mendoza (\$16). --Karen MacNeil

## Nutrition Facts



## Properties

Glycemic Index:31.07, Glycemic Load:3.42, Inflammation Score:-7, Nutrition Score:23.512608631797%

## Nutrients (% of daily need)

Calories: 245.93kcal (12.3%), Fat: 7.89g (12.14%), Saturated Fat: 2.31g (14.45%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 7.17g (2.61%), Sugar: 6.78g (7.53%), Cholesterol: 130.97mg (43.66%), Sodium: 308.52mg (13.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.51%), Vitamin B12: 22.11µg (368.54%), Vitamin B6: 1.11mg (55.33%), Selenium: 34.91µg (49.87%), Iron: 8.4mg (46.69%), Vitamin B1: 0.69mg (46.03%), Phosphorus: 329.34mg (32.93%), Vitamin B2: 0.55mg (32.42%), Vitamin B3: 6.26mg (31.29%), Copper: 0.56mg (27.77%), Vitamin A: 1276.84IU (25.54%), Potassium: 543.75mg (15.54%), Vitamin B5: 1.4mg (14.03%), Vitamin C: 10.61mg (12.86%), Magnesium: 44.04mg (11.01%), Vitamin E: 1.53mg (10.18%), Zinc: 1.38mg (9.23%), Fiber: 1.44g (5.76%), Manganese: 0.1mg (5.23%), Vitamin K: 4.43µg (4.22%), Folate: 11.5µg (2.88%), Calcium: 19.81mg (1.98%)