



 **54%**  
HEALTH SCORE

## Grilled Szechuan Duck Breast



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 teaspoon five-spice powder
- ☐ 1 teaspoon chili sauce with garlic (such as kame) hot
- ☐ 1 tablespoon sesame oil dark
- ☐ 28 ounce duck breasts whole boneless thawed
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon rice vinegar

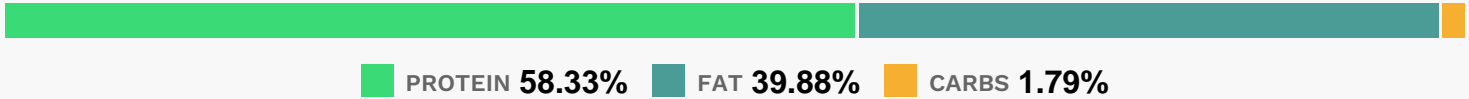
## Equipment

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

## Directions

- ☐ Prepare grill; set to medium heat.
- ☐ Combine first 5 ingredients in large zip-top plastic bag. Seal bag; marinate in refrigerator 30 minutes, turning occasionally.
- ☐ Remove duck from bag, reserving marinade.
- ☐ Sprinkle meat side of breasts with spice powder; place breasts on grill rack, skin side up. Cook 8 minutes on each side or until desired degree of doneness; remove from heat, and let stand 5 minutes.
- ☐ Combine reserved marinade and broth in a small saucepan; bring to a boil. Cook until reduced to 1/4 cup (about 4 minutes).
- ☐ Carefully remove skin from breasts; cut each breast in half.
- ☐ Cut each breast half into 1/2-inch-thick slices; arrange duck onto each plate. Spoon sauce over duck; sprinkle with cilantro, if desired.

## Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:23.974347912747%

## Nutrients (% of daily need)

Calories: 285.96kcal (14.3%), Fat: 12.27g (18.87%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1g (0.37%), Sugar: 0.25g (0.28%), Cholesterol: 152.8mg (50.93%), Sodium: 534.16mg (23.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.75%), Vitamin B12: 25.85µg (430.91%), Vitamin B6: 1.22mg (60.8%), Selenium: 40.44µg (57.77%), Vitamin B1: 0.8mg (53.57%), Iron: 9.46mg (52.55%), Phosphorus: 390.72mg (39.07%), Vitamin B2: 0.62mg (36.72%), Vitamin B3: 7.05mg (35.24%), Copper: 0.62mg (30.78%), Potassium: 587.62mg (16.79%), Vitamin B5: 1.66mg (16.55%), Vitamin C: 12.71mg (15.41%), Magnesium: 51.35mg (12.84%), Zinc: 1.51mg (10.09%), Folate: 15.92µg (3.98%), Manganese: 0.06mg (3.11%), Vitamin A: 116.79IU (2.34%), Calcium: 16.44mg (1.64%)