



Marinated Duck Breasts with Shallot and Beet Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 ounces baby beets
- ☐ 0.5 teaspoon pepper black divided
- ☐ 0.3 cup cooking wine dry red
- ☐ 24 ounce duck breast halves boneless thawed
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground coriander
- ☐ 2 teaspoons honey
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 3 tablespoons orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 4 rosemary sprigs
- ☐ 0.5 teaspoon salt divided
- ☐ 1 pound shallots peeled quartered (15)
- ☐ 2 cups oso sweet chopped

Equipment

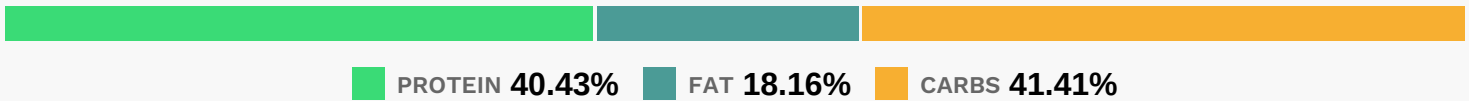
- ☐ frying pan
- ☐ sauce pan
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ To prepare duck, combine the first 9 ingredients in a zip-top plastic bag. Seal and chill 2 hours; turn bag occasionally.
- ☐ Remove duck breast halves from bag. Reserve marinade; discard rosemary.
- ☐ To prepare relish, leave root and 1-inch stem on beets; scrub with a brush.
- ☐ Place in a medium saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until tender.
- ☐ Drain and rinse with cold water.
- ☐ Drain and cool. Trim off beet roots; rub off skins. Coarsely chop beets.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add shallots; saut 2 minutes.

- ☐ Add onion; saut 5 minutes. Stir in reserved marinade and wine; cook 1 minute or until liquid almost evaporates.
- ☐ Add broth; cook 6 minutes or until liquid almost evaporates.
- ☐ Remove from heat. Stir in beets, parsley, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Sprinkle duck with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat a large nonstick grill pan coated with cooking spray over medium-high heat.
- ☐ Add duck; cook 4 minutes on each side or until done.
- ☐ Serve with relish; garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:94.32, Glycemic Load:11.28, Inflammation Score:-8, Nutrition Score:35.556521633397%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg, Quercetin: 11.88mg

Nutrients (% of daily need)

Calories: 398.44kcal (19.92%), Fat: 7.94g (12.21%), Saturated Fat: 2.28g (14.28%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 33.08g (12.03%), Sugar: 23.75g (26.39%), Cholesterol: 130.97mg (43.66%), Sodium: 863.17mg (37.53%), Alcohol: 1.58g (100%), Alcohol %: 0.36% (100%), Protein: 39.77g (79.53%), Vitamin B12: 22.23µg (370.44%), Vitamin B6: 1.62mg (80.97%), Iron: 10.48mg (58.21%), Vitamin B1: 0.83mg (55.66%), Selenium: 38.06µg (54.37%), Phosphorus: 466.36mg (46.64%), Vitamin C: 38.2mg (46.3%), Folate: 185.22µg (46.3%), Manganese: 0.81mg (40.5%), Potassium: 1343.26mg (38.38%), Copper: 0.77mg (38.36%), Vitamin B2: 0.62mg (36.55%), Vitamin B3: 6.93mg (34.63%), Vitamin K: 34.58µg (32.94%), Fiber: 7.65g (30.58%), Magnesium: 100.36mg (25.09%),

Vitamin B5: 2.05mg (20.5%), Zinc: 2.22mg (14.8%), Calcium: 94.93mg (9.49%), Vitamin A: 327.82IU (6.56%)