



Noodles With Duck Breast, Edamame, and Dried Cherries

READY IN



19 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cooking wine dry white
- ☐ 12 ounce duck breast halves boneless thawed
- ☐ 1 cup edamame frozen shelled
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 0.5 cup less-sodium chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper divided
- ☐ 0.5 teaspoon salt divided

- ☐ 0.5 cup cherries dried sweet
- ☐ 2 tablespoons butter unsalted
- ☐ 8 ounces wide egg noodles uncooked

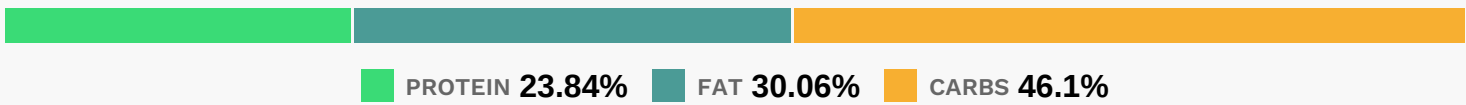
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook noodles according to package directions. When 3 minutes of cooking time remain, add edamame and finish cooking.
- ☐ Drain.
- ☐ Cut duck into 1/2-inch cubes; toss with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat, and add duck in a single layer. Cook until browned on both sides; about 3 minutes per side.
- ☐ Add cherries to skillet; cook 1 minute, then transfer duck and cherries to a bowl.
- ☐ Add wine, broth, rosemary, and remaining 1/4 teaspoon salt and 1/8 teaspoon pepper to skillet; boil, stirring to scrape browned bits from pan until liquid is reduced by half and no longer tastes of "raw" wine, about 4 minutes. Swirl in butter; toss with duck and noodles.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:11.39, Inflammation Score:-5, Nutrition Score:16.646086983059%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 348.89kcal (17.44%), Fat: 11.1g (17.08%), Saturated Fat: 3.91g (24.41%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 35.08g (12.76%), Sugar: 6.89g (7.65%), Cholesterol: 85.83mg (28.61%), Sodium: 309.9mg (13.47%), Alcohol: 2.06g (100%), Alcohol %: 1.48% (100%), Protein: 19.81g (39.63%), Vitamin B12: 7.49µg (124.87%), Selenium: 41.28µg (58.96%), Iron: 4.19mg (23.28%), Vitamin B6: 0.43mg (21.61%), Phosphorus: 202.2mg (20.22%), Vitamin B1: 0.3mg (19.77%), Manganese: 0.37mg (18.35%), Copper: 0.29mg (14.41%), Vitamin B3: 2.79mg (13.95%), Vitamin B2: 0.22mg (12.97%), Fiber: 3.22g (12.88%), Potassium: 375.59mg (10.73%), Vitamin A: 529.78IU (10.6%), Magnesium: 36.84mg (9.21%), Vitamin B5: 0.82mg (8.15%), Zinc: 1.17mg (7.77%), Calcium: 48.6mg (4.86%), Vitamin C: 3.52mg (4.26%), Vitamin E: 0.59mg (3.95%), Folate: 14.73µg (3.68%), Vitamin K: 2.14µg (2.03%), Vitamin D: 0.18µg (1.22%)