



Orange Duck Breast Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 2 teaspoons canola oil
- ☐ 2 teaspoons dijon mustard
- ☐ 0.8 pound duck breast halves boneless thawed
- ☐ 1 garlic clove minced
- ☐ 10 cup salad greens mixed
- ☐ 2 teaspoons olive oil

- ☐ 0.5 cup orange juice fresh (2 oranges)
- ☐ 0.3 cup prune- cut to pieces pitted quartered
- ☐ 0.1 teaspoon salt
- ☐ 7 ounces sourdough bread cubed
- ☐ 3 teaspoons walnuts toasted chopped
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

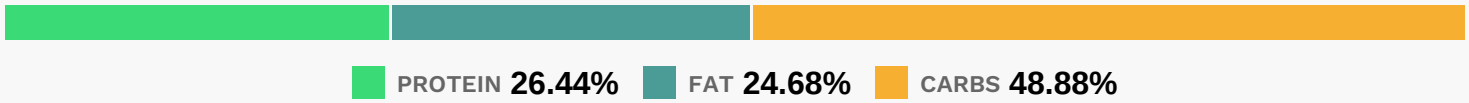
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 8 ingredients; stir well.
- ☐ Place each duck breast half between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Place duck in a large zip-top plastic bag.
- ☐ Add half of juice mixture; seal and marinate in refrigerator 30 minutes.
- ☐ Combine cubed bread and oil; toss well. Arrange bread on a jelly-roll pan.
- ☐ Bake at 350 for 20 minutes, stirring once. Set aside.
- ☐ Remove duck from bag; discard marinade.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add duck; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove from pan.
- ☐ Cut duck into 1/4-inch slices.

- ☐
- Combine toasted bread cubes, greens, prunes, and walnuts in a large bowl.
- ☐
- Drizzle with remaining half of juice mixture; toss well. Divide greens mixture evenly among 4 plates. Top with duck slices.

Nutrition Facts



Properties

Glycemic Index:68.88, Glycemic Load:23.99, Inflammation Score:-8, Nutrition Score:26.506956577301%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 365.81kcal (18.29%), Fat: 10.11g (15.56%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 45.06g (15.02%), Net Carbohydrates: 42.63g (15.5%), Sugar: 13.41g (14.9%), Cholesterol: 65.49mg (21.83%), Sodium: 475.86mg (20.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.38g (48.75%), Vitamin B12: 11.06µg (184.27%), Vitamin C: 44.38mg (53.79%), Vitamin B1: 0.77mg (51.28%), Selenium: 32.74µg (46.77%), Iron: 6.78mg (37.67%), Vitamin B6: 0.71mg (35.3%), Vitamin B2: 0.56mg (32.83%), Vitamin B3: 6.27mg (31.35%), Folate: 114.71µg (28.68%), Phosphorus: 274.71mg (27.47%), Manganese: 0.54mg (27.2%), Vitamin A: 1358.81IU (27.18%), Copper: 0.47mg (23.32%), Potassium: 648.73mg (18.54%), Magnesium: 59.53mg (14.88%), Vitamin K: 11.83µg (11.27%), Vitamin B5: 1.11mg (11.12%), Zinc: 1.48mg (9.85%), Fiber: 2.42g (9.69%), Calcium: 58.9mg (5.89%), Vitamin E: 0.84mg (5.58%)