



HEALTH SCORE

57%

Orange-Glazed Duck Breast Brochettes with Asparagus Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds asparagus thick trimmed
- ☐ 0.5 cup cooking wine dry white
- ☐ 36 ounce pekin duck breast halves boneless
- ☐ 1 cup grand marnier
- ☐ 2 navel oranges fresh
- ☐ 6 servings olive oil
- ☐ 2 teaspoons orange zest finely grated

- ☐ 6 servings pepper freshly ground
- ☐ 6 rosemary branches
- ☐ 6 servings salt
- ☐ 0.5 cup shallots minced
- ☐ 2 tablespoons unseasoned rice vinegar

Equipment

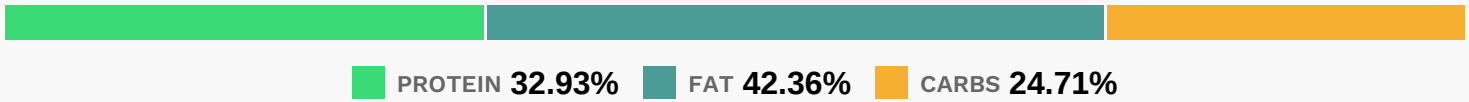
- ☐ bowl
- ☐ sauce pan
- ☐ baking pan
- ☐ grill

Directions

- ☐ Trim back the skin on the duck breasts so it barely covers the meat. Score the fat in a diamond pattern.
- ☐ Peel the oranges; remove the bitter white pith. Working over a bowl, cut in between the membranes to release the sections. Squeeze the membranes over the bowl; reserve the juice for the glaze.
- ☐ In a medium, shallow baking dish, combine the shallots, wine, orange zest and 1/2 teaspoon of pepper.
- ☐ Add the duck breasts and turn to coat. Cover and refrigerate overnight.
- ☐ In a small saucepan, boil the Grand Marnier with 1 cup of orange juice over moderately high heat until syrupy and reduced by half, about 12 minutes. In a small bowl, mix 3 tablespoons of the orange syrup with the rice vinegar. Season the vinaigrette with salt and pepper.
- ☐ Light a grill. Slice each duck breast half crosswise into 1 1/2-inch-thick pieces. Strip two-thirds of the leaves from each rosemary branch, leaving a tassel at the top. Scatter the rosemary leaves over the hot coals or on the gas grill heat bars. Thread the pieces of duck onto the rosemary branches, leaving 1/2 inch between them.
- ☐ Brush the asparagus with olive oil and season with salt and pepper. Grill the asparagus over a medium-hot fire, turning once, until crisp-tender, about 5 minutes.
- ☐ Let cool slightly and cut into 2-inch lengths. In a large bowl, toss the asparagus with the orange sections and the vinaigrette.

- ☐
- Season the duck brochettes with salt. Grill, skin side down, over a moderately low fire, brushing with some of the remaining orange syrup, until the skin is deeply browned and crisp, about 5 minutes. Turn the brochettes and grill, brushing frequently with the syrup, until the duck is medium rare.
- ☐
- Transfer the brochettes to plates and serve with the asparagus and orange salad.
- ☐
- Make Ahead: The orange syrup and vinaigrette can be refrigerated separately overnight.
- ☐
- Wine Recommendation: A high acid but rich sparkling wine or a rich, aromatic white with citrusy notes and little oak will stand up to the acidic oranges and the smoky asparagus in this dish. Look for the bargain 2000 Goundrey Range Unwooded Chardonnay or the Nonvintage Domaine Chandon Blanc de Noirs Carneros

Nutrition Facts



Properties

Glycemic Index:38.17, Glycemic Load:1.77, Inflammation Score:-9, Nutrition Score:36.70173912463%

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: 10.29mg, Hesperetin: 10.29mg, Hesperetin: 10.29mg, Hesperetin: 10.29mg Naringenin: 3.39mg, Naringenin: 3.39mg, Naringenin: 3.39mg, Naringenin: 3.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg, Isorhamnetin: 8.62mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 21.24mg, Quercetin: 21.24mg, Quercetin: 21.24mg, Quercetin: 21.24mg

Nutrients (% of daily need)

Calories: 540.02kcal (27%), Fat: 21.72g (33.42%), Saturated Fat: 4.27g (26.66%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 23.54g (8.56%), Sugar: 21.22g (23.58%), Cholesterol: 130.97mg (43.66%), Sodium: 301.23mg (13.1%), Alcohol: 12.29g (100%), Alcohol %: 3.33% (100%), Caffeine: 10.23mg (3.41%), Protein: 38g (76%), Vitamin B12: 22.1µg (368.54%), Vitamin K: 71.73µg (68.31%), Vitamin B6: 1.28mg (63.81%), Iron: 11.39mg (63.28%), Vitamin B1: 0.94mg (62.94%), Vitamin C: 49.14mg (59.56%), Selenium: 37.91µg (54.16%), Vitamin B2: 0.76mg (44.71%), Copper: 0.85mg (42.56%), Phosphorus: 424.11mg (42.41%), Vitamin B3: 7.59mg (37.93%), Folate: 112.12µg (28.03%), Vitamin A: 1355.73IU (27.11%), Potassium: 934.58mg (26.7%), Vitamin E: 3.81mg (25.37%), Fiber: 4.97g (19.89%), Vitamin B5: 1.97mg (19.68%), Manganese: 0.36mg (17.91%), Magnesium: 71.64mg (17.91%), Zinc: 2.17mg (14.44%), Calcium: 74.32mg (7.43%)