



 **100%**  
HEALTH SCORE

## Orange-Tarragon Duck Breast with Green Salad and Asparagus-Almond Rice

 **Gluten Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**2**

CALORIES



**1466 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 small bunch asparagus
- 3 tablespoons butter divided
- 1 small can mandarin orange segments
- 2 cups chicken stock see
- 1 teaspoon dijon mustard
- 2 large duck breasts
- 1 endive thinly sliced

- 4 sprigs tarragon fresh finely chopped
- 1 frisée coarsely chopped
- 0.3 cup olive oil extra-virgin
- 0.3 cup orange marmalade
- 1 cup rice
- 2 servings salt and pepper
- 1 shallots
- 2 tablespoons slivered almonds
- 1 bunch watercress stemmed trimmed
- 4 tablespoons citrus champagne vinegar divided

## Equipment

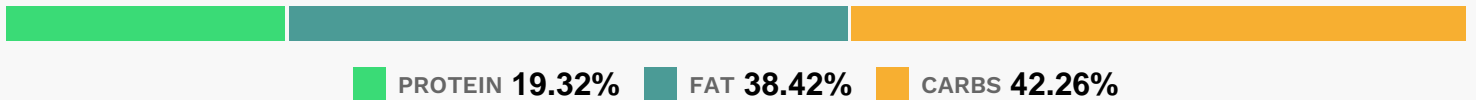
- bowl
- frying pan
- whisk
- pot

## Directions

- Rub a skillet with 1 tablespoon butter. Lightly score duck breasts through skin, but not the flesh, in a cross-hatch pattern. Season duck breasts with salt and pepper and place in cold pan skin side down and turn heat on to medium-medium high. Cook until crispy, 15 minutes, turn.
- Drain off some of the fat and discard.
- Mix marmalade with 2 tablespoons white wine vinegar and tarragon, salt and pepper, reserve. Once you flip the duck, pour the marmalade sauce over top and reduce heat. Loosely cover pan and let the duck hang out a couple of minutes more.
- While duck cooks, melt 1 tablespoon butter in a medium pot and toast nuts 2 minutes, add rice and toast 1 minute more.
- Add stock and bring to a boil. Cover and cook over low heat 15 minutes. Trim off the top 4 inches of asparagus and thinly slice on the bias.

- Add to rice and cook rice 2 to 3 minutes more for a total of 17 to 18 minutes.
- While rice cooks, combine endive, cress and frisee in a salad bowl.
- Combine shallots and Dijon with 2 tablespoons vinegar, salt and pepper.
- Whisk in 1/4 to 1/3 cup extra-virgin olive oil and pour over salad.
- Garnish with oranges.
- Serve duck breast on salad with asparagus-almond rice alongside.

## Nutrition Facts



### Properties

Glycemic Index:181.09, Glycemic Load:47.89, Inflammation Score:-10, Nutrition Score:81.463913627293%

### Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg Isorhamnetin: 13.09mg, Isorhamnetin: 13.09mg, Isorhamnetin: 13.09mg, Isorhamnetin: 13.09mg Kaempferol: 31.54mg, Kaempferol: 31.54mg, Kaempferol: 31.54mg, Kaempferol: 31.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 42.57mg, Quercetin: 42.57mg, Quercetin: 42.57mg, Quercetin: 42.57mg

### Nutrients (% of daily need)

Calories: 1466.3kcal (73.32%), Fat: 63.74g (98.06%), Saturated Fat: 19.15g (119.67%), Carbohydrates: 157.74g (52.58%), Net Carbohydrates: 136.33g (49.57%), Sugar: 53.25g (59.17%), Cholesterol: 226.37mg (75.46%), Sodium: 986.05mg (42.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.1g (144.19%), Vitamin K: 999.32µg (951.74%), Vitamin B12: 29.42µg (490.26%), Vitamin A: 15924.49IU (318.49%), Manganese: 3.44mg (172.06%), Folate: 626.33µg (156.58%), Vitamin C: 122.14mg (148.05%), Iron: 21.7mg (120.55%), Vitamin B1: 1.79mg (119.31%), Vitamin B6: 2.26mg (112.89%), Copper: 2.25mg (112.36%), Selenium: 73.14µg (104.48%), Vitamin B2: 1.77mg (104.24%), Phosphorus: 926.23mg (92.62%), Vitamin E: 13.55mg (90.35%), Vitamin B3: 18mg (89.98%), Potassium: 3086.61mg (88.19%), Fiber: 21.41g (85.62%), Vitamin B5: 6.86mg (68.58%), Magnesium: 245.31mg (61.33%), Zinc: 7.65mg (51%), Calcium: 459.98mg (46%)