



## Oriental duck salad



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



426 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 duck breast meat – skin left on
- ☐ 100 g arugula
- ☐ 250 g cherry tomatoes halved
- ☐ 1 bunch spring onion sliced
- ☐ 1 garlic clove grated
- ☐ 1 tsp ginger fresh grated
- ☐ 2 tbsp soya sauce
- ☐ 3 tbsp honey

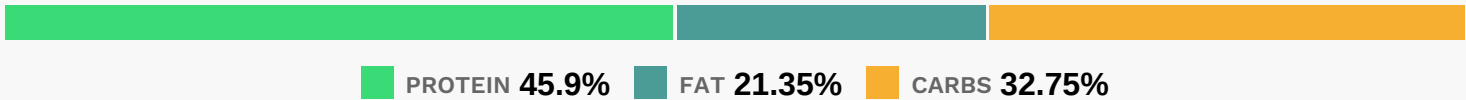
# Equipment

- ☐ oven
- ☐ baking pan

# Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Score the skin of the duck breasts and season.
- ☐ Heat a non-stick frying pan over a high heat, add the duck, skin-side down, and cook for 4 mins or until the skin is crisp. Turn over and quickly brown the underside, then transfer to a baking tray.
- ☐ Mix the dressing ingredients together and spoon all but 2 tbsp of it over the duck. Roast the duck for 10 mins for pink, longer if you prefer.
- ☐ Remove from the oven and allow to rest for 4 mins, then slice into strips. 3 Toss together the salad, tomatoes, spring onions and duck slices.
- ☐ Drizzle over the remaining dressing and serve.

# Nutrition Facts



# Properties

Glycemic Index:88.14, Glycemic Load:14.34, Inflammation Score:-9, Nutrition Score:39.980434894562%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 17.62mg, Kaempferol: 17.62mg, Kaempferol: 17.62mg, Kaempferol: 17.62mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg, Quercetin: 6.14mg

# Nutrients (% of daily need)

Calories: 426.42kcal (21.32%), Fat: 10.24g (15.76%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 33.11g (12.04%), Sugar: 30.62g (34.02%), Cholesterol: 174.02mg (58.01%), Sodium: 1165.11mg (50.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.54g (99.09%), Vitamin B12: 29.38µg (489.67%), Vitamin K: 82.87µg (78.92%), Vitamin B6: 1.56mg (78.12%), Iron: 12.52mg (69.55%), Selenium: 46.66µg (66.66%),

Vitamin B1: 0.99mg (66.1%), Vitamin C: 52.94mg (64.17%), Phosphorus: 513.09mg (51.31%), Vitamin B2: 0.8mg (47.02%), Vitamin B3: 9.33mg (46.66%), Copper: 0.86mg (43.1%), Vitamin A: 2037.31IU (40.75%), Potassium: 1160.51mg (33.16%), Magnesium: 95.5mg (23.88%), Vitamin B5: 2.3mg (22.97%), Manganese: 0.45mg (22.67%), Folate: 90.01µg (22.5%), Zinc: 2.21mg (14.71%), Calcium: 117.54mg (11.75%), Fiber: 2.25g (8.98%), Vitamin E: 0.98mg (6.57%)