



Pan-Seared Five-Spice Duck Breast with Balsamic Jus



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp five spice powder
- ☐ 2 tbsp balsamic vinegar
- ☐ 0.3 cup wine dry red
- ☐ 4 duck breast meat – skin left on
- ☐ 1 tbsp ginger fresh grated peeled
- ☐ 1 large garlic clove finely chopped
- ☐ 1 tbsp olive oil extra virgin extra-virgin

- ☐ 0.5 tsp pepper freshly ground
- ☐ 1 tsp salt

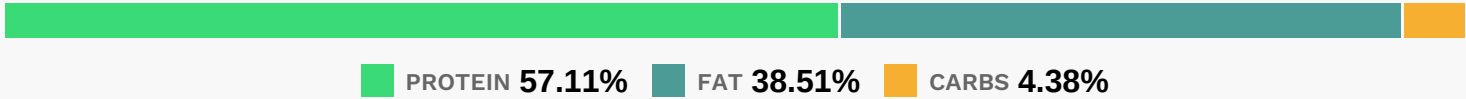
Equipment

- ☐ frying pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ In a large, heavy self-sealing plastic bag, combine the garlic, ginger, five-spice powder, salt, and pepper.
- ☐ Add the duck breasts, seal, and refrigerate for at least 1 hour or up to 24 hours.
- ☐ Remove from the refrigerator 1 hour before cooking.
- ☐ Preheat the oven to 400°F/200°C/gas
- ☐ In a large ovenproof sauté pan, heat the olive oil over medium-high heat until shimmering. Sear the duck breast, skin side down, for 5 minutes; turn and sear for 5 minutes on the other side.
- ☐ Transfer the pan to the oven and roast for 5 minutes for medium-rare.
- ☐ Transfer the duck breasts to a plate and keep warm.
- ☐ To make a balsamic jus, pour off the fat from the pan. Return the pan to medium-high heat, add the wine, and stir to scrape up the browned bits from the bottom of the pan. Cook to reduce the wine by half.
- ☐ Add the balsamic vinegar and cook to reduce for several more minutes.
- ☐ Cut the duck breasts into diagonal slices and serve drizzled with the balsamic jus.
- ☐ Reprinted with permission from The Winemaker Cooks by Christine Hanna, © 2010 Chronicle Books

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:19.295217581417%

Flavonoids

Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg, Malvidin: 2.62mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 225.53kcal (11.28%), Fat: 9.04g (13.91%), Saturated Fat: 2.29g (14.34%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.82g (0.91%), Cholesterol: 116.01mg (38.67%), Sodium: 475.22mg (20.66%), Alcohol: 1.05g (100%), Alcohol %: 0.77% (100%), Protein: 30.17g (60.34%), Vitamin B12: 19.59µg (326.44%), Vitamin B6: 0.92mg (46.06%), Selenium: 30.29µg (43.27%), Iron: 7.36mg (40.88%), Vitamin B1: 0.61mg (40.58%), Phosphorus: 288.55mg (28.85%), Vitamin B2: 0.46mg (26.89%), Vitamin B3: 5.18mg (25.89%), Copper: 0.47mg (23.61%), Potassium: 438.14mg (12.52%), Vitamin B5: 1.22mg (12.24%), Vitamin C: 9.84mg (11.92%), Magnesium: 36.97mg (9.24%), Zinc: 1.14mg (7.62%), Manganese: 0.07mg (3.55%), Folate: 9.35µg (2.34%), Vitamin E: 0.34mg (2.27%), Vitamin A: 84.96IU (1.7%), Calcium: 16.67mg (1.67%), Vitamin K: 1.69µg (1.61%), Fiber: 0.27g (1.08%)