



Paprika Roasted Duck



Gluten Free



Dairy Free



Low Fod Map

READY IN



530 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 heads belgium endives
- ☐ 6 long island duck breasts boneless
- ☐ 2 tablespoons kosher salt
- ☐ 2 tablespoons mint leaves chopped
- ☐ 2 orange zest juiced
- ☐ 2 oranges segented
- ☐ 2 tablespoons paprika
- ☐ 3 ounces rice vinegar

☐ 6 servings salt and pepper to taste

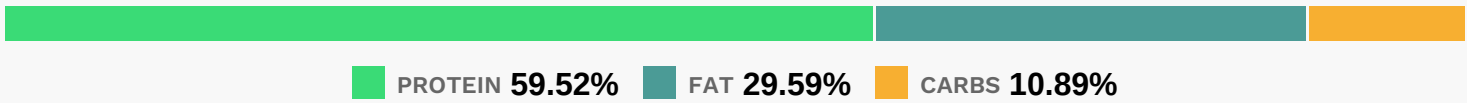
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Lay duck out on flat surface and cut slits in skin.
- ☐ Sprinkle on both sides with paprika and salt and let sit uncovered in cooler for 8 hours.
- ☐ Place duck skin side down in a hot saute pan over medium heat. Cook until fat has been rendered and skin begins to brown. Turn over to sear other side and place in a preheated 400 degree oven on a rack skin side up. Cook until medium rare about 8 minutes.
- ☐ Remove duck from oven and let rest. While duck is resting, pour off half the fat in pan.
- ☐ Add zest, juice and vinegar and whisk.
- ☐ Cut endive into quarters through the length of the head, and add to pan. Simmer for about 2 minutes until endive gets tender.
- ☐ Remove pan from heat and add mint and orange segments. Check seasoning. Slice each duck breast into 4 pieces and place over endive. Spoon 2 tablespoons of sauce over duck and serve.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:31.213042995204%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 12.07mg, Hesperetin: 12.07mg, Hesperetin: 12.07mg, Hesperetin: 12.07mg Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg, Naringenin: 6.69mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 315.68kcal (15.78%), Fat: 10.11g (15.56%), Saturated Fat: 3g (18.77%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 5.41g (1.97%), Sugar: 4.33g (4.81%), Cholesterol: 174.02mg (58.01%), Sodium: 2650.95mg (115.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.77g (91.54%), Vitamin B12: 29.38µg (489.67%), Vitamin B6: 1.45mg (72.44%), Selenium: 45.72µg (65.31%), Vitamin B1: 0.97mg (64.45%), Iron: 10.89mg (60.51%), Vitamin C: 43.73mg (53%), Phosphorus: 441.02mg (44.1%), Vitamin B2: 0.74mg (43.35%), Vitamin B3: 8.13mg (40.67%), Copper: 0.74mg (36.76%), Vitamin A: 1460.01IU (29.2%), Potassium: 793.96mg (22.68%), Vitamin B5: 2.03mg (20.27%), Magnesium: 62.43mg (15.61%), Fiber: 2.97g (11.87%), Zinc: 1.78mg (11.86%), Folate: 37.44µg (9.36%), Vitamin E: 0.77mg (5.12%), Manganese: 0.1mg (4.98%), Calcium: 45.85mg (4.58%), Vitamin K: 1.87µg (1.78%)