



Peach & Ginger Glazed Duck Breast Satay with Grilled Peaches



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch cilantro leaves to taste
- ☐ 2 tablespoon ginger fresh divided minced peeled
- ☐ 1 tablespoon garlic minced peeled
- ☐ 1 tablespoon hoisin sauce
- ☐ 1 cup peach preserves
- ☐ 2 peaches cut into 16 wedges
- ☐ 2 tablespoon rice vinegar

☐ 1 cup soya sauce

Equipment

☐ bowl

☐ sauce pan

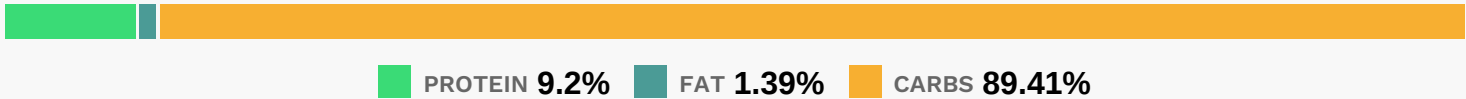
☐ grill

☐ skewers

Directions

- ☐ Mix garlic, 1 tablespoon fresh minced ginger and the soy sauce in a medium bowl.
- ☐ Combine preserves, hoisin, vinegar, jalapeno, and remaining 1 tablespoon fresh ginger in a small saucepan. Cook over medium heat, stirring often, until bubbling.
- ☐ Remove the duck from the marinade, wiping off excess. Spear each piece lengthwise onto a water-soaked bamboo skewer. Then thread 4 peach slices into each of 4 additional skewers. Prepare grill for medium indirect heat (350 to 450 degrees). Grill duck over the direct heat side, turning once, about 6 minutes.
- ☐ Brush the duck generously with the glaze and cook an additional minute or two per side until the glaze is bubbling and the duck is cooked to your liking (125 degrees interior temperature for a rosy pink).
- ☐ Brush each peach skewer generously with some of the glaze. Then cook the peaches on the indirect side of the grill until they soften some (about 4 minutes).
- ☐ Brush on more glaze and move the skewers to the direct heat side to caramelize to your liking.
- ☐ Remove the peaches from the skewers and lay a few slices on a small plate with a duck satay on top.
- ☐ Garnish with green onion, and cilantro (optional).

Nutrition Facts



Properties

Glycemic Index:59.31, Glycemic Load:34.98, Inflammation Score:-5, Nutrition Score:8.108260911444%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 319.08kcal (15.95%), Fat: 0.5g (0.77%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 72.5g (24.17%), Net Carbohydrates: 69.69g (25.34%), Sugar: 49.7g (55.22%), Cholesterol: 0.12mg (0.04%), Sodium: 3343.5mg (145.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Manganese: 0.43mg (21.69%), Vitamin B3: 3.04mg (15.18%), Vitamin C: 11.91mg (14.44%), Copper: 0.25mg (12.29%), Iron: 2.19mg (12.14%), Phosphorus: 115.1mg (11.51%), Vitamin B2: 0.19mg (11.25%), Fiber: 2.8g (11.22%), Vitamin B6: 0.19mg (9.38%), Potassium: 317.8mg (9.08%), Magnesium: 36.17mg (9.04%), Vitamin K: 8.51µg (8.1%), Vitamin A: 379.88IU (7.6%), Folate: 26.9µg (6.72%), Selenium: 4.18µg (5.97%), Vitamin B1: 0.07mg (4.81%), Vitamin E: 0.72mg (4.81%), Calcium: 38.88mg (3.89%), Vitamin B5: 0.38mg (3.83%), Zinc: 0.53mg (3.54%)