



Prosciutto-Wrapped Duck Appetizers

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.5 teaspoon pepper black freshly ground
- 2 teaspoons bottled garlic minced
- 0.5 teaspoon mustard dry
- 0.5 cup cooking wine dry red
- 12 ounce duck breast meat – skin left on whole boneless thawed cut into 12 (1-inch) pieces
- 0.3 cup juice of lemon fresh
- 3 tablespoons olive oil

6 slices pancetta cut in half lengthwise

Equipment

grill

ziploc bags

skewers

Directions

Prepare grill.

Combine dry red wine, lemon juice, olive oil, minced garlic, dry mustard, black pepper, and bay leaf in a large zip-top plastic bag.

Add duck pieces to bag, and seal. Marinate in refrigerator 30 minutes.

Remove duck from bag, and discard marinade.

Wrap 1 piece of duck with 1 strip prosciutto. Repeat with remaining duck and prosciutto. Thread 2 pieces duck onto each of 6 (6-inch) skewers.

Place the skewers on a grill rack coated with cooking spray, and grill 5 minutes on each side or until desired degree of doneness.

Nutrition Facts

PROTEIN **28.89%** FAT **66.37%** CARBS **4.74%**

Properties

Glycemic Index:10.33, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:11.296521731693%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 187.62kcal (9.38%), Fat: 12.71g (19.56%), Saturated Fat: 2.78g (17.36%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.91g (0.69%), Sugar: 0.29g (0.32%), Cholesterol: 48.94mg (16.31%), Sodium: 85.86mg (3.73%), Alcohol: 2.1g (100%), Alcohol %: 2.56% (100%), Protein: 12.45g (24.91%), Vitamin B12: 7.41µg (123.51%), Vitamin B6: 0.39mg (19.41%), Selenium: 13.55µg (19.36%), Vitamin B1: 0.26mg (17.08%), Iron: 2.7mg (14.99%), Phosphorus: 122.01mg (12.2%), Vitamin B3: 2.28mg (11.4%), Vitamin B2: 0.18mg (10.63%), Vitamin C: 7.99mg (9.68%), Copper: 0.18mg (9.17%), Vitamin E: 1.07mg (7.13%), Potassium: 188.55mg (5.39%), Vitamin B5: 0.52mg (5.25%), Vitamin K: 4.52µg (4.31%), Magnesium: 15.38mg (3.85%), Zinc: 0.53mg (3.52%), Manganese: 0.06mg (2.83%), Folate: 5.81µg (1.45%)