



Roast duck breasts with maple syrup vinaigrette

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 duck breast meat – skin left on
- ☐ 4 tbsp maple syrup
- ☐ 1.5 tbsp sherry vinegar
- ☐ 1.5 tbsp vegetable oil; peanut oil preferred
- ☐ 1 tbsp hazelnut oil
- ☐ 225 g oyster mushrooms wild (girolles, trompettes, ceps, oyster mushrooms)
- ☐ 25 g butter

☐ 500 g pkt spinach

Equipment

☐ frying pan

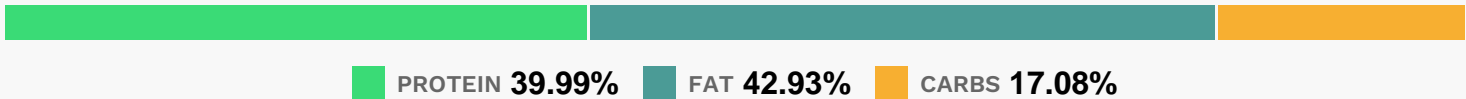
☐ knife

☐ whisk

Directions

- ☐ Score the duck breast skin with a sharp knife. Season with salt and pepper, and place, fat-side down, in a frying pan over a medium heat. As the fat begins to heat it will melt and crisp up. Continue to colour the skin for 10–12 mins before turning the duck over and frying for a further 4–5 mins to a pink stage.
- ☐ Remove the duck breasts to one side and keep warm.
- ☐ Meanwhile, boil the maple syrup and simmer until just 2 tbsp are left before removing from the heat and whisking in the sherry vinegar, groundnut and hazelnut oils. Season with salt and pepper.
- ☐ While frying the duck breasts, trim and lightly rinse the wild mushrooms. When the duck is resting, fry the mushrooms in half the butter in a hot pan, seasoning with salt and pepper, until just tender.
- ☐ Heat a separate pan with the remaining butter and add the washed spinach. Season with salt and pepper, allowing the leaves to wilt and soften before draining.
- ☐ To serve, divide the spinach among 4 plates.
- ☐ Cut each breast into 5–6 slices and place on top of the spinach. Top with the pan-fried wild mushrooms, drizzling each with the maple syrup vinaigrette.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:5.49, Inflammation Score:-10, Nutrition Score:54.609565361686%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 7.97mg, Kaempferol: 7.97mg, Kaempferol: 7.97mg, Kaempferol: 7.97mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

Nutrients (% of daily need)

Calories: 499.98kcal (25%), Fat: 23.97g (36.87%), Saturated Fat: 7.37g (46.07%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 17.41g (6.33%), Sugar: 13.14g (14.6%), Cholesterol: 187.46mg (62.49%), Sodium: 280.13mg (12.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.24g (100.48%), Vitamin K: 604.22µg (575.45%), Vitamin B12: 29.39µg (489.84%), Vitamin A: 12024.22IU (240.48%), Vitamin B6: 1.66mg (83.09%), Manganese: 1.65mg (82.37%), Vitamin B2: 1.37mg (80.39%), Iron: 14.36mg (79.75%), Vitamin B1: 1.09mg (72.36%), Folate: 277.62µg (69.41%), Selenium: 47.97µg (68.54%), Vitamin C: 49.16mg (59.59%), Vitamin B3: 11.4mg (56.98%), Phosphorus: 551.06mg (55.11%), Copper: 0.98mg (48.92%), Potassium: 1588.11mg (45.37%), Magnesium: 163.14mg (40.79%), Vitamin E: 5.08mg (33.88%), Vitamin B5: 2.62mg (26.24%), Zinc: 2.83mg (18.84%), Fiber: 4.04g (16.17%), Calcium: 155.85mg (15.59%), Vitamin D: 0.39µg (2.63%)