



HEALTH SCORE

54%

Roast Duck Breasts with Pomegranate-Chile Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 4 large pepper flakes dried stemmed seeded
- ☐ 1.5 teaspoons chipotles in adobo canned
- ☐ 8 servings kosher salt
- ☐ 40 ounce duck breast meat – skin left on boneless fat trimmed
- ☐ 8 servings ground coriander
- ☐ 0.1 teaspoon ground cumin toasted (not)

- ☐ 2 cups chicken broth
- ☐ 2 cups pomegranate juice refrigerated (such as Pom)
- ☐ 8 servings pomegranate seeds fresh
- ☐ 0.3 cup sugar
- ☐ 0.5 cup water

Equipment

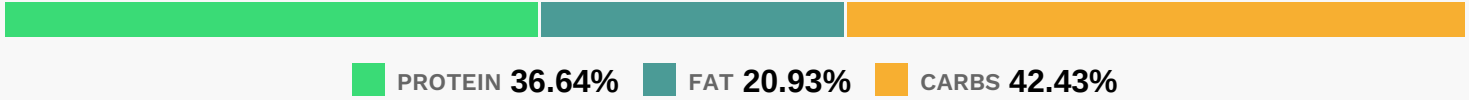
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ cutting board

Directions

- ☐ Stir sugar and 1/2 cup water in heavy large saucepan over medium heat until sugar dissolves. Increase heat; boil until syrup is deep amber color, swirling pan occasionally, about 8 minutes.
- ☐ Add juice, broth, and California chiles. Boil until sauce is reduced to 1 1/2 cups, about 25 minutes.
- ☐ Remove from heat; cool. Puree in tightly covered blender until smooth, about 2 minutes.
- ☐ Transfer to bowl.
- ☐ Whisk in adobo sauce, vinegar, and cumin. Season to taste with generous amount of coarse salt and pepper. DO AHEAD: Can be made 1 week ahead. Cover and chill. Rewarm over low heat before using.
- ☐ Preheat oven to 400°F. Score skin of duck (don't cut into flesh) with 5 cuts in 1 direction; repeat in opposite direction, making diamond pattern.
- ☐ Sprinkle duck all over with coarse salt, pepper, and ground coriander.
- ☐ Place 2 large ovenproof skillet over medium-high heat.
- ☐ Add duck, skin side down, to skillets, dividing equally. Cook duck until skin is crisp and deep brown, about 7 minutes. Turn duck over; cook 1 minute.

- ☐ Pour off fat.
- ☐ Transfer skillet to oven. Roast duck until cooked to medium rare, about 5 minutes.
- ☐ Transfer duck to cutting board.
- ☐ Let rest 5 minutes. Thinly slice each breast crosswise on slight diagonal. Arrange slices on plates. Spoon sauce over.
- ☐ Sprinkle with pomegranate seeds.
- ☐ * Available at some supermarkets and at specialty foods stores and Latin markets.
- ☐ ** Dried, smoked jalapeños in a spicy tomato sauce called adobo; available at some supermarkets and at specialty foods stores and Latin markets.

Nutrition Facts



Properties

Glycemic Index:29.64, Glycemic Load:15.21, Inflammation Score:-5, Nutrition Score:26.773043456285%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 335.25kcal (16.76%), Fat: 7.96g (12.24%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 31.9g (11.6%), Sugar: 29.55g (32.84%), Cholesterol: 109.15mg (36.38%), Sodium: 303.97mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.35g (62.69%), Vitamin B12: 18.49µg (308.1%), Vitamin C: 50.27mg (60.93%), Vitamin B6: 1.06mg (53.03%), Vitamin B1: 0.65mg (43.56%), Selenium: 29.4µg (42%), Iron: 7.28mg (40.43%), Phosphorus: 333.62mg (33.36%), Copper: 0.65mg (32.41%), Vitamin B3: 6.33mg (31.65%), Vitamin B2: 0.52mg (30.73%), Potassium: 856.09mg (24.46%), Vitamin K: 23.89µg (22.76%), Fiber: 4.4g (17.58%), Vitamin B5: 1.68mg (16.85%), Folate: 61.68µg (15.42%), Magnesium: 55.43mg (13.86%), Manganese: 0.23mg (11.34%), Zinc: 1.52mg (10.15%), Vitamin E: 0.91mg (6.1%), Vitamin A: 289.77IU (5.8%), Calcium: 33.59mg (3.36%)