



Sautéed Duck Breast with Cherry-Pistachio Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 8 ounces cherries dried sweet
- ☐ 1 teaspoon chili powder
- ☐ 1 chipotle chile dried
- ☐ 0.5 cup dry-roasted pistachios shelled coarsely chopped
- ☐ 6 ounce duck breast halves boneless
- ☐ 0.3 cup cilantro leaves fresh chopped

- ☐ 1 teaspoon honey
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup onion red finely chopped
- ☐ 1.3 teaspoons salt divided
- ☐ 1 teaspoon vegetable oil
- ☐ 1.5 cups water boiling

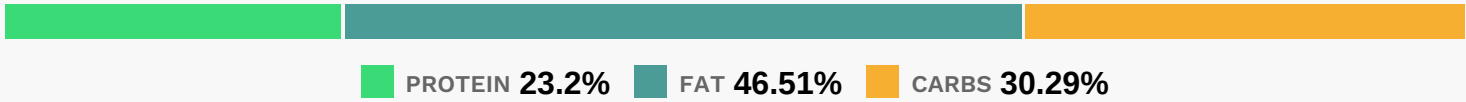
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a bowl; let stand 30 minutes.
- ☐ Drain well; discard chipotle chile.
- ☐ Combine cherries, pistachios, and next 6 ingredients (pistachios through jalapeo pepper). Stir in 1/4 teaspoon salt.
- ☐ Sprinkle 1 teaspoon salt and pepper over duck.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add duck; saut 6 minutes on each side or until desired degree of doneness.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:24.66, Glycemic Load:1.43, Inflammation Score:-3, Nutrition Score:7.7226086543954%

Flavonoids

Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 115.11kcal (5.76%), Fat: 6.29g (9.68%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 7.24g (2.63%), Sugar: 5.61g (6.23%), Cholesterol: 16.37mg (5.46%), Sodium: 421.69mg (18.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.13%), Vitamin B12: 2.76µg (46.07%), Manganese: 0.27mg (13.3%), Vitamin B3: 2.19mg (10.95%), Vitamin B6: 0.21mg (10.44%), Vitamin C: 7.14mg (8.65%), Phosphorus: 83.87mg (8.39%), Fiber: 1.98g (7.9%), Vitamin B1: 0.11mg (7.53%), Selenium: 5.24µg (7.49%), Iron: 1.31mg (7.29%), Copper: 0.14mg (7%), Magnesium: 27.11mg (6.78%), Potassium: 209.15mg (5.98%), Vitamin B2: 0.1mg (5.83%), Vitamin E: 0.71mg (4.74%), Vitamin K: 4.23µg (4.02%), Vitamin B5: 0.38mg (3.85%), Folate: 14.06µg (3.51%), Vitamin A: 159.52IU (3.19%), Zinc: 0.47mg (3.12%), Calcium: 15.9mg (1.59%)