



Sautéed Duck Breast with Peas



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 24 ounce duck breast halves
- ☐ 2 cups basic pot of peas
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vegetable oil

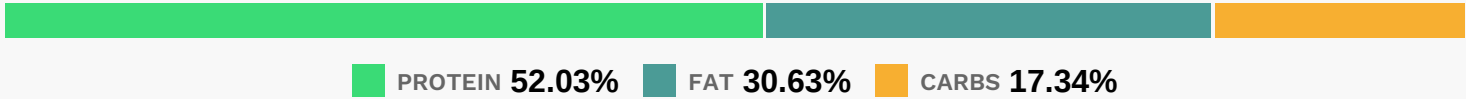
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle duck with salt and pepper.
- ☐ Add duck to pan; saut 5 minutes. Turn and saut an additional 2 minutes or until desired degree of doneness.
- ☐ Add vinegar; cook 1 minute.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Cut duck diagonally across grain into thin strips.
- ☐ Spoon 1/2 cup peas onto each of 4 plates; place 1 breast half on each plate.
- ☐ Drizzle with vinegar sauce; garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:3.83, Inflammation Score:-7, Nutrition Score:28.508695649064%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 298.71kcal (14.94%), Fat: 9.86g (15.17%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 8.4g (3.05%), Sugar: 5.91g (6.56%), Cholesterol: 130.97mg (43.66%), Sodium: 394.05mg (17.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.68g (75.36%), Vitamin B12: 22.11µg (368.54%), Vitamin B1: 0.87mg (58.22%), Vitamin B6: 1.14mg (57.17%), Selenium: 35.33µg (50.47%), Iron: 8.82mg (49.01%), Vitamin C: 39.55mg (47.93%), Phosphorus: 397.16mg (39.72%), Vitamin B3: 7.3mg (36.5%), Vitamin B2: 0.61mg (35.66%), Copper: 0.64mg (32.14%), Vitamin K: 22.32µg (21.26%), Potassium: 647.92mg (18.51%), Fiber: 4.16g (16.66%), Manganese: 0.33mg (16.48%), Magnesium: 63.01mg (15.75%), Vitamin B5: 1.44mg (14.38%), Folate: 57.35µg (14.34%), Zinc: 2.1mg (14.01%), Vitamin A: 645.46IU (12.91%), Calcium: 27.2mg (2.72%), Vitamin E: 0.28mg (1.86%)