



HEALTH SCORE

100%

Sauteed Duck Breasts with Wild Mushrooms



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup wine dry red



32 ounce duck breast meat – skin left on boneless with skin



1 tablespoon parsley fresh chopped



1.3 pounds mushrooms wild with gills scraped out, and stemmed shiitake), sliced (9 cups) assorted



2 tablespoons olive oil



1 cup shallots thinly sliced

Equipment



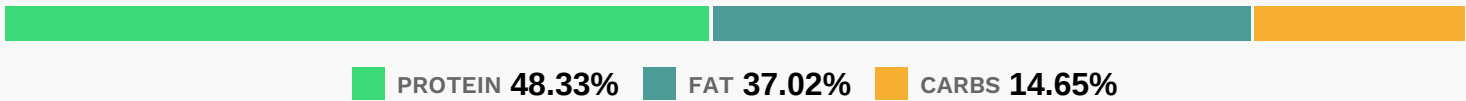
frying pan

- ☐ baking sheet
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 300°F. Using sharp knife, score skin of duck breasts diagonally to create 3/4-inch-wide diamond pattern; pat dry.
- ☐ Sprinkle duck with salt and pepper.
- ☐ Heat heavy large skillet over high heat.
- ☐ Add duck breasts, skin side down. Cook until skin is deep golden brown, about 8 minutes. Turn duck over; cook about 3 minutes for medium-rare.
- ☐ Transfer to rimmed baking sheet and keep warm in oven.
- ☐ Pour all but 1 tablespoon drippings from skillet.
- ☐ Add oil. Reduce heat to medium-high.
- ☐ Add mushrooms and shallots and sauté until mushrooms are tender, about 8 minutes. Season with salt and pepper.
- ☐ Add wine and stir until juices thicken, scraping up browned bits, about 1 minute.
- ☐ Place 1 duck breast on each of 4 plates.
- ☐ Pour mushroom sauce over, sprinkle with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:3.45, Inflammation Score:-6, Nutrition Score:38.276087144147%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg,

Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 439.87kcal (21.99%), Fat: 17.3g (26.62%), Saturated Fat: 4g (24.98%), Carbohydrates: 15.4g (5.13%), Net Carbohydrates: 12.06g (4.38%), Sugar: 7.47g (8.3%), Cholesterol: 174.63mg (58.21%), Sodium: 144.16mg (6.27%), Alcohol: 3.15g (100%), Alcohol %: 0.86% (100%), Protein: 50.81g (101.63%), Vitamin B12: 29.54µg (492.34%), Vitamin B6: 1.71mg (85.66%), Selenium: 59.25µg (84.65%), Vitamin B2: 1.26mg (74.3%), Vitamin B1: 1.06mg (70.56%), Iron: 11.73mg (65.14%), Vitamin B3: 12.96mg (64.8%), Copper: 1.18mg (59.23%), Phosphorus: 579.81mg (57.98%), Vitamin B5: 4.11mg (41.12%), Potassium: 1261.73mg (36.05%), Vitamin C: 23.1mg (28%), Vitamin K: 21.09µg (20.08%), Magnesium: 75.57mg (18.89%), Zinc: 2.57mg (17.15%), Folate: 59.33µg (14.83%), Fiber: 3.34g (13.37%), Manganese: 0.24mg (12.05%), Vitamin E: 1.05mg (7.02%), Vitamin A: 206.81IU (4.14%), Calcium: 34.39mg (3.44%), Vitamin D: 0.28µg (1.89%)