



Scaloppine d'Anatra (Duck Scaloppine)

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 apricots pitted ripe sliced into 1/ half moons
- ☐ 1 cup chicken stock see
- ☐ 1 bunch chives cut into 2-inch pieces to yield 1/4 cup
- ☐ 1 double breast duck fat removed magret
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons butter sweet cold
- ☐ 4 tablespoons virgin olive oil
- ☐ 0.5 cup scapimatti wine or any dessert wine from sangiovese di romagna

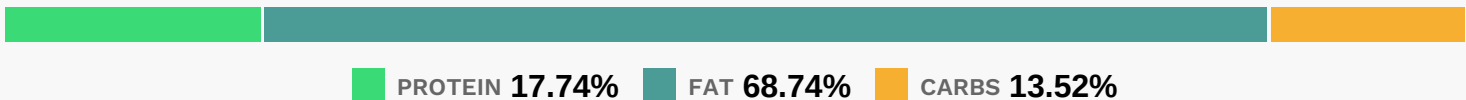
Equipment

- ☐ frying pan
- ☐ meat tenderizer
- ☐ cleaver

Directions

- ☐ Cut double breast into 2 single breasts. Slice each single breast across the grain into 6 equal pieces. Using a meat mallet or heavy cleaver, pound each piece into "scaloppine" 1/8-inch thick and about 4 inches across. Season scaloppine and dust with flour.
- ☐ In a 12 to 14-inch skillet, heat olive oil until smoking.
- ☐ Place 6 pieces in skillet and cook until dark golden brown (about 2 minutes). Turn pieces over and cook until brown (about 1 minute).
- ☐ Remove and set aside on plate. Repeat with remaining 6 pieces and remove to same plate.
- ☐ Drain oil and add apricot slices. Cook until softened and light brown, about 1 minute.
- ☐ Add wine and chicken stock and bring to boil. Replace duck pieces and add cold butter. Simmer 10 minutes until all duck is heated through.
- ☐ Sprinkle with chives and serve.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:1.34, Inflammation Score:-7, Nutrition Score:13.875217411829%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 4.24mg, Catechin: 4.24mg, Catechin: 4.24mg, Catechin: 4.24mg Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg, Epicatechin: 3.93mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg

Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 330.14kcal (16.51%), Fat: 22.97g (35.34%), Saturated Fat: 6.47g (40.43%), Carbohydrates: 10.16g (3.39%),
Net Carbohydrates: 9.44g (3.43%), Sugar: 6.54g (7.27%), Cholesterol: 60.35mg (20.12%), Sodium: 360.17mg
(15.66%), Alcohol: 4.59g (100%), Alcohol %: 2.85% (100%), Protein: 13.34g (26.68%), Vitamin B12: 7.36µg (122.61%),
Vitamin B6: 0.4mg (19.8%), Vitamin A: 924.3IU (18.49%), Selenium: 12.88µg (18.41%), Vitamin B1: 0.26mg (17.6%),
Vitamin E: 2.51mg (16.73%), Iron: 2.97mg (16.52%), Vitamin B3: 3.15mg (15.76%), Vitamin B2: 0.24mg (14.32%),
Phosphorus: 134.3mg (13.43%), Copper: 0.24mg (12.22%), Vitamin K: 12.32µg (11.74%), Potassium: 337.49mg
(9.64%), Vitamin C: 7.7mg (9.34%), Vitamin B5: 0.56mg (5.57%), Magnesium: 21.59mg (5.4%), Zinc: 0.58mg
(3.89%), Manganese: 0.07mg (3.34%), Fiber: 0.73g (2.9%), Folate: 10.8µg (2.7%), Calcium: 13.31mg (1.33%)