



Seared Duck Breast With Bulgur Salad and Orange Dressing

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cracked wheat uncooked
- 0.3 cup cranberries dried
- 32 ounce duck breast halves
- 2 teaspoons olive oil
- 0.3 cup orange juice concentrate frozen undiluted thawed
- 0.5 teaspoon pepper divided
- 1 cup gourmet salad greens coarsely chopped

- 0.5 teaspoon salt divided
- 1 teaspoon shallots chopped
- 2 cups sweet potatoes and into cubed peeled ()
- 1 cup vegetable broth homemade canned
- 1 cup water boiling
- 1 teaspoon water

Equipment

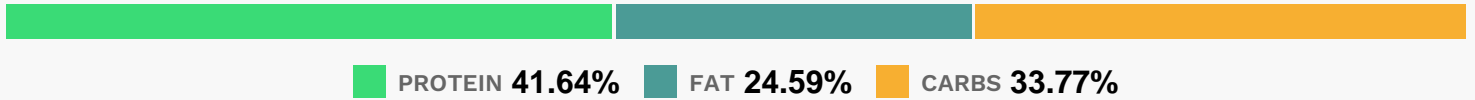
- bowl
- frying pan
- baking sheet
- oven
- blender
- aluminum foil

Directions

- Preheat oven to 400
- Bring broth to a boil, and add bulgur. Cover and let stand 30 minutes. Fluff with a fork; set aside.
- Place sweet potato on a baking sheet coated with cooking spray.
- Bake at 400 for 15 minutes or until tender, stirring occasionally.
- Combine cranberries and boiling water in a bowl; cover and let stand 15 minutes.
- Drain well.
- Combine bulgur, sweet potato, cranberries, and salad greens in a bowl; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper, tossing well. Cover sweet potato mixture, and chill.
- Combine juice concentrate, oil, shallots, and water in a blender; process until smooth. Set aside.
- Wrap handle of a large nonstick skillet with foil, and place skillet (coated with cooking spray) over medium-high heat until hot.
- Sprinkle duck with 1/4 teaspoon salt and 1/4 teaspoon pepper.

- Place duck, skin side down, in skillet; reduce heat to medium, and saut 20 minutes or until skin is browned (pour off fat frequently).
- Place skillet in oven, and bake duck at 400 for 10 minutes or until desired degree of doneness.
- Remove and discard skin from duck, and slice duck into 1/4-inch-wide strips.
- Arrange bulgur salad and duck on each of 4 serving plates; drizzle with orange dressing.
- Note: Substitute pork tenderlion or chicken breasts for the duck, if desired.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:6.99, Inflammation Score:-10, Nutrition Score:36.7986956161%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 468.02kcal (23.4%), Fat: 12.77g (19.65%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 39.45g (13.15%), Net Carbohydrates: 34.69g (12.61%), Sugar: 14.09g (15.66%), Cholesterol: 174.63mg (58.21%), Sodium: 698.92mg (30.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.66g (97.32%), Vitamin B12: 29.48µg (491.39%), Vitamin A: 9861.96IU (197.24%), Vitamin B6: 1.56mg (77.96%), Vitamin B1: 1.01mg (67.49%), Selenium: 45.93µg (65.62%), Iron: 11.41mg (63.41%), Vitamin C: 43.77mg (53.05%), Phosphorus: 527.34mg (52.73%), Vitamin B2: 0.76mg (44.69%), Vitamin B3: 8.38mg (41.88%), Copper: 0.81mg (40.74%), Potassium: 1037.89mg (29.65%), Vitamin B5: 2.48mg (24.79%), Fiber: 4.76g (19.05%), Magnesium: 75.28mg (18.82%), Manganese: 0.25mg (12.45%), Zinc: 1.86mg (12.37%), Folate: 38.5µg (9.63%), Vitamin E: 0.73mg (4.86%), Calcium: 38.79mg (3.88%), Vitamin K: 3.46µg (3.3%)