



WHATSheATE



Seared Duck Breast with Grape Sauce



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 strips bacon cut into lardons
- ☐ 1.5 cups chicken stock see
- ☐ 4 duck breasts
- ☐ 4 servings kosher salt
- ☐ 4 servings olive oil extra-virgin
- ☐ 0.5 cup port wine
- ☐ 2 cups grapes red seedless
- ☐ 2 tablespoons red wine vinegar

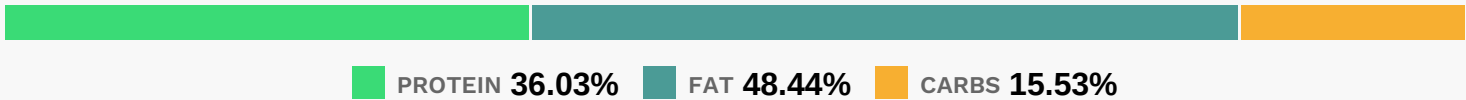
Equipment

- ☐ frying pan
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Using a sharp paring knife, score the fat in the duck breasts a couple times in two directions to create a crosshatch pattern.
- ☐ Cut through the fat but not into the meat of the breast. Salt the breasts and let sit outside the refrigerator for 10 to 15 minutes to allow them to come to room temperature.
- ☐ Add about 1 tablespoon olive oil to a large saute pan.
- ☐ Place the duck in the pan skin-side down. Bring the pan to a medium heat and cook the duck breasts low and slow to allow the fat to render and so the skin can get nice and crispy. As the fat renders out of the duck, pour or spoon it out of the pan and SAVE IT for another purpose. (It's yummy!) Cook the duck for 8 to 9 minutes on the skin side. Turn the duck over and cook the duck for 2 to 3 minutes on the flesh side.
- ☐ Remove the duck from the pan, cover with foil and let rest for about 10 minutes.
- ☐ Add the grapes to the pan with the bacon and bring the pan to a medium heat. Cook the grapes until they split and let out their juices and the bacon is crisp.
- ☐ Spoon half the grapes out of the pan and reserve.
- ☐ Add the port and vinegar to the pan, season with salt and reduce the port by half.
- ☐ Add the chicken stock and reduce it by half.
- ☐ Add in the reserved grapes. Taste and re-season if needed.
- ☐ Slice the duck on a severe bias and serve garnished with the sauce.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:5.97, Inflammation Score:-4, Nutrition Score:30.740000155957%

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: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 581.53kcal (29.08%), Fat: 29.28g (45.05%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 21.11g (7.04%), Net Carbohydrates: 20.43g (7.43%), Sugar: 15.46g (17.18%), Cholesterol: 183.98mg (61.33%), Sodium: 529.22mg (23.01%), Alcohol: 4.59g (100%), Alcohol %: 1.28% (100%), Protein: 49.01g (98.02%), Vitamin B12: 29.43µg (490.58%), Vitamin B6: 1.51mg (75.25%), Selenium: 49.62µg (70.88%), Vitamin B1: 1.02mg (68.22%), Iron: 10.86mg (60.34%), Vitamin B3: 9.75mg (48.77%), Vitamin B2: 0.82mg (48.33%), Phosphorus: 478.9mg (47.89%), Copper: 0.84mg (42.08%), Potassium: 896.87mg (25.62%), Vitamin C: 16.65mg (20.18%), Vitamin B5: 1.92mg (19.16%), Vitamin K: 19.63µg (18.7%), Magnesium: 62.93mg (15.73%), Vitamin E: 2.23mg (14.89%), Zinc: 1.91mg (12.76%), Folate: 19.57µg (4.89%), Manganese: 0.09mg (4.72%), Vitamin A: 176.38IU (3.53%), Fiber: 0.68g (2.72%), Calcium: 20.69mg (2.07%)