



## Seared Duck Breasts with Raspberry-Honey Glaze

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 servings pepper black freshly ground
- 1 pound duck breast meat – skin left on boneless
- 0.3 cup honey
- 2 servings kosher salt
- 0.5 cup raspberries fresh

### Equipment

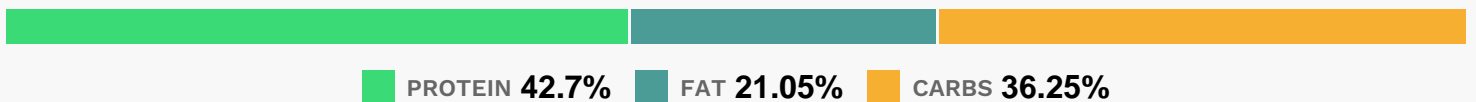
- bowl

- frying pan
- paper towels
- knife
- kitchen thermometer
- aluminum foil
- cutting board

## Directions

- Pat the duck breasts dry with paper towels and place them on a cutting board. Using a sharp knife, score a 1/2-inch-wide diamond pattern through the skin and fat of the breasts (don't cut more than 1/4 inch deep). Season generously on both sides with salt and pepper.
- Heat a cast-iron skillet over medium-high heat until hot, about 4 minutes.
- Add the duck skin-side down and cook undisturbed until the skin is crisp and golden brown, about 6 to 7 minutes. Reduce the heat to medium, flip the duck, and cook until an instant-read thermometer inserted in the center registers 165°F, about 3 minutes more.
- Transfer to a clean cutting board or plate and tent loosely with foil; set aside.
- Remove all but 2 tablespoons of the fat from the skillet.
- Add the raspberries and honey and simmer over medium heat, stirring occasionally, until the raspberries start to break down and the sauce thickens, about 2 minutes.
- Transfer to a small heatproof bowl, taste, and season with salt and pepper as needed.
- Serve the sauce with the duck.

## Nutrition Facts



## Properties

Glycemic Index:55.14, Glycemic Load:18.64, Inflammation Score:-3, Nutrition Score:27.911304390949%

## Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg,

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## **Nutrients (% of daily need)**

Calories: 423.63kcal (21.18%), Fat: 9.95g (15.31%), Saturated Fat: 2.96g (18.47%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 36.49g (13.27%), Sugar: 36.12g (40.13%), Cholesterol: 174.63mg (58.21%), Sodium: 325.08mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.4g (90.81%), Vitamin B12: 29.48µg (491.39%), Vitamin B6: 1.39mg (69.39%), Selenium: 45.76µg (65.38%), Vitamin B1: 0.92mg (61.13%), Iron: 10.6mg (58.9%), Phosphorus: 432.39mg (43.24%), Vitamin B2: 0.71mg (41.65%), Vitamin B3: 7.94mg (39.71%), Copper: 0.72mg (36.21%), Vitamin C: 22.13mg (26.83%), Vitamin B5: 1.94mg (19.43%), Potassium: 676.52mg (19.33%), Magnesium: 57.52mg (14.38%), Manganese: 0.25mg (12.41%), Zinc: 1.81mg (12.06%), Fiber: 2.06g (8.24%), Folate: 20.77µg (5.19%), Vitamin A: 130.65IU (2.61%), Vitamin K: 2.5µg (2.38%), Vitamin E: 0.26mg (1.75%), Calcium: 17.41mg (1.74%)