



HEALTH SCORE

59%

Seared Duck Breasts with Red-Wine Sauce and Candied Kumquats



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4.5 tablespoons balsamic vinegar



22 peppercorns whole black crushed



12 coriander seeds crushed



3 pound duck breast meat – skin left on with skin



6 servings kumquats



3 cups chicken broth



1 cup orange juice fresh

- ☐ 6 servings peppercorns whole black crushed
- ☐ 2.3 cups red wine fruity such as beaujolais
- ☐ 0.8 cup shallots chopped (3 large)

Equipment

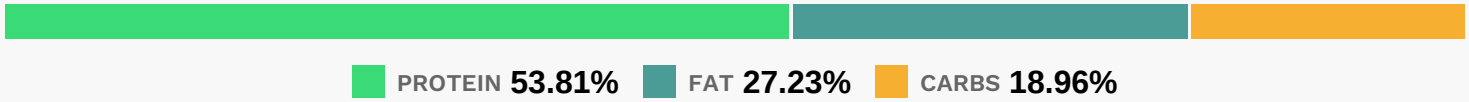
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ kitchen thermometer

Directions

- ☐ Combine Beaujolais, chopped shallots, balsamic vinegar, crushed peppercorns, and crushed coriander seeds in medium saucepan. Boil until reduced to 1 1/2 cups, about 12 minutes.
- ☐ Add orange juice and boil 5 minutes.
- ☐ Add chicken broth and boil until reduced to 3 cups, about 15 minutes. Strain. Do ahead Sauce can be made 2 days ahead. Cover and chill.
- ☐ Preheat oven to 250°F. Using sharp knife, score skin of duck breasts diagonally to create 3/4-inch-wide diamond pattern.
- ☐ Sprinkle duck with salt and pepper.
- ☐ Heat 1 large and 1 medium skillet over medium-high heat.
- ☐ Place 2 duck breasts, skin side down, in large skillet and remaining duck breast in medium skillet. Cook until skin is brown and crisp, about 8 minutes. Turn; cook until brown and thermometer inserted into center registers 130°F for medium-rare, about 6 minutes.
- ☐ Transfer to rimmed baking sheet and place in oven to keep warm.
- ☐ Drain kumquats, reserving syrup.
- ☐ Pour off fat from skillets, reserving 2 tablespoons fat in large skillet for sauce.
- ☐ Heat large skillet with fat over medium-high heat.

- ☐
- Add reserved sauce and 4 1/2 tablespoons reserved kumquat syrup. Boil until sauce is thickened and reduced to 3/4 cup, about 5 minutes.
- ☐
- Slice duck breasts crosswise into 1/2-inch-thick slices. Divide duck breast slices among 6 plates.
- ☐
- Drizzle duck with red wine sauce, garnish with candied kumquats, sprinkle with crushed peppercorns, and serve.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:4.94, Inflammation Score:-7, Nutrition Score:32.497825779345%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg, Catechin: 6.43mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg, Epicatechin: 3.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 5.51mg, Hesperetin: 5.51mg, Hesperetin: 5.51mg, Hesperetin: 5.51mg Naringenin: 3.05mg, Naringenin: 3.05mg, Naringenin: 3.05mg, Naringenin: 3.05mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 434.89kcal (21.74%), Fat: 10.98g (16.89%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 14.93g (5.43%), Sugar: 8.41g (9.34%), Cholesterol: 174.63mg (58.21%), Sodium: 176.07mg (7.66%), Alcohol: 9.54g (100%), Alcohol %: 2.32% (100%), Protein: 48.82g (97.65%), Vitamin B12: 29.6µg (493.36%), Vitamin B6: 1.55mg (77.34%), Selenium: 46.53µg (66.47%), Iron: 11.86mg (65.88%), Vitamin B1: 0.97mg (64.88%), Phosphorus: 515.52mg (51.55%), Vitamin B3: 9.82mg (49.08%), Vitamin C: 37.95mg (46%), Vitamin B2: 0.77mg (45.36%), Copper: 0.84mg (41.82%), Potassium: 1063.84mg (30.4%), Manganese: 0.44mg (22.02%), Magnesium: 83.21mg (20.8%), Vitamin B5: 2.03mg (20.27%), Zinc: 2.09mg (13.95%), Folate: 37.37µg (9.34%), Fiber: 2.28g (9.11%),

Calcium: 58.31mg (5.83%), Vitamin A: 216.23IU (4.32%), Vitamin K: 2.88μg (2.74%)