



Seared Orange Duck Breast

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 36 ounce duck breasts frozen thawed
- ☐ 4 garlic cloves crushed
- ☐ 1 tablespoon honey
- ☐ 1.5 tablespoons soya sauce low-sodium
- ☐ 0.5 cup orange juice fresh (2 oranges)
- ☐ 1.5 tablespoons orange rind grated
- ☐ 0.3 cup sake (rice wine)

- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil

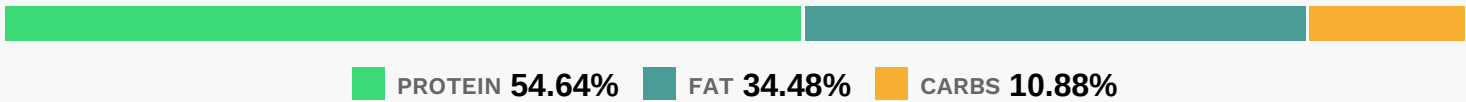
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Trim skin and fat from duck; cut each breast in half.
- ☐ Combine duck, rind, salt, pepper, and garlic in a bowl. Cover and refrigerate 30 minutes.
- ☐ Preheat oven to 40
- ☐ Combine the orange juice, sake, soy sauce, and honey in a small saucepan; bring to a boil. Reduce heat to medium-low and simmer until reduced to 2/3 cup (about 10 minutes).
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add duck; saut 5 minutes. Turn duck over; drizzle with 3 tablespoons juice mixture. Wrap handle of skillet with foil; bake at 400 for 10 minutes.
- ☐ Remove duck from pan; slice duck into 1/4-inch-thick pieces.
- ☐ Serve with orange-juice sauce.
- ☐ Note: Duck breasts may be found in the frozen poultry section. Try pairing this dish with Sainsbury Pinot Noir 1998 (Carneros) \$ It's an earthy wine with hints of mandarin orange.

Nutrition Facts



Properties

Glycemic Index:27.71, Glycemic Load:2.8, Inflammation Score:-3, Nutrition Score:22.196521639824%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 269.52kcal (13.48%), Fat: 9.65g (14.85%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6.55g (2.38%), Sugar: 4.65g (5.17%), Cholesterol: 130.97mg (43.66%), Sodium: 629.48mg (27.37%), Alcohol: 1.61g (100%), Alcohol %: 0.95% (100%), Protein: 34.4g (68.81%), Vitamin B12: 22.11µg (368.54%), Vitamin B6: 1.06mg (53.19%), Selenium: 34.53µg (49.33%), Vitamin B1: 0.71mg (47.1%), Iron: 7.83mg (43.51%), Phosphorus: 330.78mg (33.08%), Vitamin B2: 0.53mg (31.24%), Vitamin B3: 5.94mg (29.72%), Vitamin C: 23.56mg (28.56%), Copper: 0.53mg (26.61%), Potassium: 527.98mg (15.09%), Vitamin B5: 1.44mg (14.36%), Magnesium: 44.11mg (11.03%), Zinc: 1.27mg (8.48%), Folate: 18.76µg (4.69%), Vitamin K: 4.36µg (4.15%), Manganese: 0.07mg (3.39%), Vitamin A: 138.42IU (2.77%), Calcium: 15.93mg (1.59%), Vitamin E: 0.22mg (1.44%), Fiber: 0.3g (1.19%)