



Spice Rubbed Grilled Duck Breast

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



416 kcal

SEASONING

MARINADE

Ingredients

- 1 teaspoon chili powder
- 0.5 teaspoon mustard dry
- 4 duck breast halves
- 0.5 teaspoon five spice powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 4 servings kosher salt and pepper black freshly ground
- 4 servings oil for the grill

1 tablespoon paprika smoked

Equipment

bowl

knife

grill

Directions

Combine the smoked paprika, garlic powder, cumin, chili powder, five spice powder, dry mustard and some salt and pepper in a bowl. Using a sharp knife, score the skin of the duck so it has a 1/4-inch diamond pattern. Rub the spice mixture all over the duck.

Heat a grill to medium (make sure it's not too hot since the key is to cook duck slowly to render the fat) and wipe down the grates with an oiled towel.

Place the duck skin-side down on the grate and cook until the skin is seared and the fat is rendered, 4 to 5 minutes. (If there are occasional flare-ups from the fat, move the duck around on the grill to a new spot away from the flame each time.) Flip the duck over and place on a cooler part of the grill. Cook for an additional 5 minutes for medium-rare.

Let rest for 5 to 7 minutes before cutting against the grain into thick slices.

Nutrition Facts


■ PROTEIN 44.34% ■ FAT 53.37% ■ CARBS 2.29%

Properties

Glycemic Index:15.5, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:29.293043489042%

Nutrients (% of daily need)

Calories: 415.65kcal (20.78%), Fat: 24.31g (37.39%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.26g (0.29%), Cholesterol: 174.02mg (58.01%), Sodium: 139.63mg (6.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.44g (90.88%), Vitamin B12: 29.38µg (489.67%), Vitamin B6: 1.42mg (71.15%), Selenium: 46.17µg (65.95%), Iron: 11.22mg (62.32%), Vitamin B1: 0.92mg (61.42%), Phosphorus: 437.38mg (43.74%), Vitamin B2: 0.71mg (41.72%), Vitamin B3: 7.98mg (39.88%), Copper: 0.71mg (35.57%), Vitamin A: 1138.5IU (22.77%), Vitamin E: 3.19mg (21.24%), Potassium: 683.6mg (19.53%), Vitamin B5: 1.87mg (18.69%), Vitamin C: 14.2mg (17.21%), Magnesium: 57.93mg (14.48%), Zinc: 1.77mg (11.79%), Vitamin K: 12.12µg (11.55%), Manganese: 0.09mg (4.54%), Fiber: 1.03g (4.13%), Folate: 15.43µg (3.86%), Calcium: 22.02mg (2.2%)