



Spicy Stir-Fry Duck with White Pineapple

 Dairy Free  Very Healthy

READY IN



69 min.

SERVINGS



6

CALORIES



769 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider vinegar
- 0.3 cup asparagus tips
- 0.3 cup blanched julienned cleaned
- 0.5 cup brown sugar
- 0.3 cup julienne carrots
- 1 teaspoon chili sauce hot
- 0.5 cup cumin seed
- 6 duck breasts

- 1 teaspoon garlic chopped
- 1.5 tablespoons garlic chopped
- 0.5 piece jalapeno
- 0.5 pound kosher salt
- 6 tablespoons ancho puree
- 2 tablespoons olive oil
- 1 cup oregano dry
- 6 servings serving suggestions: pasta
- 0.3 cup julienne peppers green
- 0.3 cup julienne peppers red
- 1 cup pineapple circles white
- 6 servings salt and pepper
- 0.3 cup scallions
- 1 tablespoon tequila
- 1 gallon water

Equipment

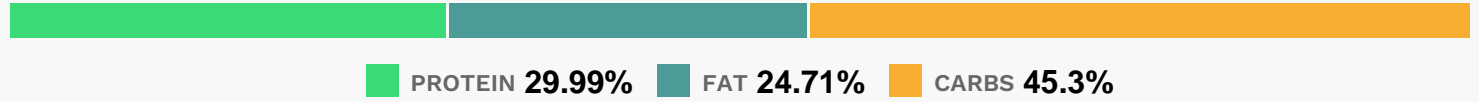
- frying pan
- pot
- wok

Directions

- Begin by making the brine.
- Combine all of the ingredients in a large pot. Warm slightly so salt and sugar dissolve.
- Remove from the heat and cool to room temperature.
- Add the duck breasts and marinate in brine, in the refrigerator, for 24 hours.
- Once the duck is ready, cut the breasts into julienne strips and saute in a large skillet or wok in olive oil.
- Add the Tequila and saute for a few minutes.

- Add all of the julienne cut vegetables, chili sauce and garlic except for the pineapple.
- Saute vegetables for approximately 5 minutes. Season, to taste, with salt and pepper.
- Cut the pineapple into circles and add last, just before serving.
- Serve stir-fry over pasta or rice.

Nutrition Facts



Properties

Glycemic Index:68.42, Glycemic Load:19.73, Inflammation Score:-10, Nutrition Score:56.745216867198%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 768.78kcal (38.44%), Fat: 21.14g (32.52%), Saturated Fat: 4.34g (27.09%), Carbohydrates: 87.21g (29.07%), Net Carbohydrates: 75.21g (27.35%), Sugar: 30.09g (33.43%), Cholesterol: 174.02mg (58.01%), Sodium: 15062.54mg (654.89%), Alcohol: 0.83g (100%), Alcohol %: 0.09% (100%), Protein: 57.72g (115.45%), Vitamin B12: 29.38µg (489.67%), Selenium: 82.98µg (118.54%), Iron: 21.24mg (117.98%), Vitamin A: 5533.21IU (110.66%), Manganese: 1.9mg (94.89%), Vitamin B6: 1.81mg (90.31%), Vitamin K: 85.61µg (81.53%), Vitamin B1: 1.1mg (73%), Phosphorus: 649.62mg (64.96%), Copper: 1.24mg (62.01%), Vitamin B2: 1.03mg (60.85%), Vitamin C: 49.64mg (60.17%), Vitamin B3: 11.3mg (56.51%), Fiber: 12g (48.01%), Magnesium: 177.16mg (44.29%), Potassium: 1465.2mg (41.86%), Calcium: 306.01mg (30.6%), Vitamin E: 4.51mg (30.06%), Vitamin B5: 2.45mg (24.47%), Zinc: 3.58mg (23.86%), Folate: 71.04µg (17.76%)