

health-score 60%

HEALTH SCORE

Tamarind Glazed Duck Tacos with Grilled Pineapple Relish and Pickled Onions

 Gluten Free  Dairy Free  Very Healthy

READY IN

ready

365 min.

SERVINGS

servings

4

CALORIES

calories

940 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 4 servings canola oil
- ☐ 8 corn tortillas warmed for serving
- ☐ 4 magret duck breast halves trimmed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 servings cilantro leaves fresh for serving
- ☐ 4 large green onions thinly sliced green and pale green parts

- ☐ 6 guajillo chiles dried boiling stemmed for 30 minutes
- ☐ 0.5 cup honey
- ☐ 1 juice of lime
- ☐ 2 teaspoons kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup juice of lime fresh
- ☐ 0.5 teaspoon mexican oregano dried
- ☐ 1 golden pineapple 1-inch-thick peeled cut into slices
- ☐ 1 large onion red peeled halved cut into 1/8-inch-thick slices
- ☐ 8 cloves roasted garlic
- ☐ 2 small serrano chiles with or without seeds minced
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup tamarind concentrate
- ☐ 0.5 cup distilled vinegar white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

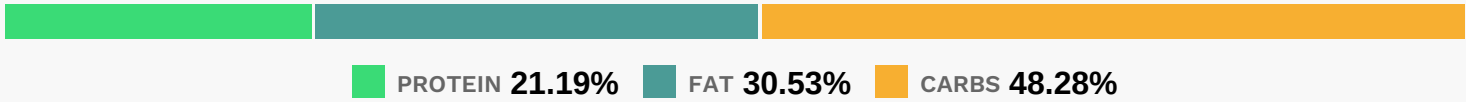
- ☐ Watch how to make this recipe.

- ☐ Combine the honey, tamarind concentrate, lime juice, garlic and chiles in a saucepan, bring to simmer and cook for 15 minutes.
- ☐ Remove from the heat and let cool for 10 minutes.
- ☐ Transfer to a food processor, season with salt and pepper and process until smooth.
- ☐ Pour into a bowl and let cool.
- ☐ Preheat a charcoal grill for medium-low and medium direct heat, and indirect grilling. Have ready a squeeze bottle filled with water to handle flare-ups.
- ☐ Score the duck breasts with a sharp knife to make a diagonal cross-hatch pattern and sprinkle with salt and pepper.
- ☐ Place the duck on the grill, skin-side down, and cook, uncovered, until the skin is nicely browned, about 15 minutes. If the flare-ups are too great, or the duck browns too quickly, move the duck occasionally over the indirect heat, and then back to direct heat.
- ☐ Once almost all of the fat has rendered and the skin is a deep golden brown, flip the duck over, move over medium heat, brush generously with the tamarind glaze and continue grilling until an instant-read thermometer reaches 140 degrees F for medium-rare, about 5 minutes.
- ☐ Remove the duck to a cutting board, brush with more of the glaze and let rest for 5 minutes before slicing on the diagonal into 1/4-inch-thick slices.
- ☐ Spread some glaze on the corn tortillas. Top with some duck slices, Pineapple Relish, Pickled Onions and cilantro leaves.
- ☐ Preheat a charcoal grill for direct medium-high heat.
- ☐ Brush the pineapple slices with oil and sprinkle with salt and pepper. Grill the pineapple until charred on both sides and just cooked through, about 2 minutes per side.
- ☐ Remove the pineapple, cut into dice and place in a bowl.
- ☐ Add the green onions, serrano chiles, lime juice and 2 tablespoons canola oil and toss.
- ☐ Add the cilantro and toss again. Taste, season with salt and pepper, and add more oil, if desired.
- ☐ Let sit at room temperature for 30 minutes before serving.
- ☐ Combine the lime juice, vinegar, sugar and salt in a small saucepan, bring to a boil and cook until the sugar and salt dissolves.
- ☐ Remove from the heat and let cool for 5 minutes.
- ☐ Pour the liquid mixture over the onions and mix to combine. Top the onions with a small plate to weigh down slightly, cover with foil or plastic wrap and refrigerate for at least 4 hours and

up to 24 hours.

☐ Combine the onions and oregano in a medium bowl.

Nutrition Facts



Properties

Glycemic Index:134.13, Glycemic Load:53.02, Inflammation Score:-10, Nutrition Score:52.779130521028%

Flavonoids

Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg, Eriodictyol: 1.82mg Hesperetin: 7.46mg, Hesperetin: 7.46mg, Hesperetin: 7.46mg, Hesperetin: 7.46mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg, Quercetin: 10.16mg

Nutrients (% of daily need)

Calories: 939.92kcal (47%), Fat: 33.07g (50.88%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 117.66g (39.22%), Net Carbohydrates: 107.01g (38.91%), Sugar: 71.86g (79.85%), Cholesterol: 174.02mg (58.01%), Sodium: 1337.23mg (58.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.64g (103.27%), Vitamin B12: 29.38µg (489.67%), Vitamin C: 159.74mg (193.62%), Manganese: 2.59mg (129.54%), Vitamin B6: 1.96mg (97.99%), Vitamin B1: 1.26mg (84.14%), Vitamin K: 80.6µg (76.76%), Iron: 13.15mg (73.07%), Selenium: 50.76µg (72.51%), Phosphorus: 670.31mg (67.03%), Copper: 1.13mg (56.56%), Vitamin B2: 0.94mg (55.24%), Vitamin B3: 10.79mg (53.93%), Fiber: 10.65g (42.6%), Vitamin A: 2046.2IU (40.92%), Potassium: 1414.19mg (40.41%), Magnesium: 151.62mg (37.9%), Vitamin E: 4.47mg (29.81%), Vitamin B5: 2.65mg (26.54%), Folate: 94.21µg (23.55%), Zinc: 3mg (20.03%), Calcium: 149.3mg (14.93%)