



Thyme-Roasted Duck Breast with Orange-Wine Sauce

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 oz baby arugula leaves rinsed
- 1 cup carrots chopped
- 1 cup celery chopped
- 2 bay leaves dried
- 750 ml cooking wine dry red
- 3 duck breast halves (10 oz. each; see notes)
- 5 sprigs thyme leaves fresh rinsed

- 0.3 cup garlic chopped
- 0.5 cup heavy whipping cream
- 2 tablespoons olive oil
- 1 cup orange juice
- 6 servings salt and pepper
- 0.5 cup shallots chopped

Equipment

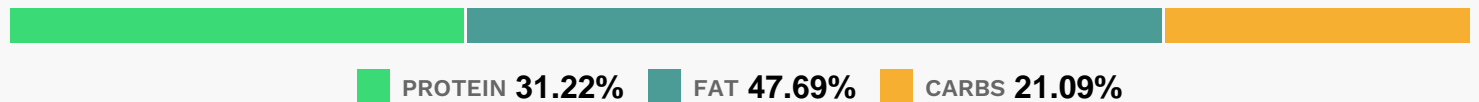
- frying pan
- oven
- sieve
- cutting board

Directions

- Pour olive oil into a 12-inch ovenproof nonstick frying pan (with at least 2-in.-tall sides) over medium heat. When hot, add carrots, celery, shallots, and garlic; stir often until vegetables are slightly limp and beginning to brown, about 7 minutes.
- Add wine, orange juice, 5 sprigs thyme, and bay leaves; increase heat to high and boil, stirring occasionally, until liquid is reduced by about half and is slightly syrupy, about 15 minutes.
- Pour through a fine strainer into a glass measure; you should have about 1 cup. Discard vegetables. Wipe pan dry.
- Rinse duck breasts and pat dry. Score the skin of each in a crosshatch pattern, making cuts about an inch apart, through the skin into the layer of fat.
- Sprinkle lightly all over with salt and pepper. Set same frying pan over medium-high heat; when hot, lay duck breasts, skin side down, in pan. Cook until beginning to brown on the bottom, 1 1/2 to 2 minutes. Spoon out and discard any fat in pan. Turn breasts over and sprinkle evenly with thyme leaves.
- Transfer pan with duck to a 425 oven. Roast until well browned on the surface but still slightly pink in center of thickest part (cut to test), 20 to 25 minutes.
- Transfer duck to a rimmed cutting board and let rest in a warm place for 5 minutes. Skim off and discard fat from pan juices.

- Set pan over medium-high heat and add orange-wine reduction and cream. Stir often, scraping up browned bits from bottom of pan, until sauce is boiling and coats the back of a spoon in a thin layer, 2 to 3 minutes. Season to taste with salt and pepper.
- Divide arugula among six plates. Slice duck breasts across the grain and fan equally over arugula.
- Drizzle a little warm orange-wine sauce over duck and greens.
- Pour remaining into a small pitcher and pass, for guests to add to taste.

Nutrition Facts



Properties

Glycemic Index:44.64, Glycemic Load:4.47, Inflammation Score:-10, Nutrition Score:27.633043517237%

Flavonoids

Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg, Petunidin: 4.21mg Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg, Delphinidin: 5.3mg Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg, Malvidin: 33.27mg Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg, Peonidin: 2.35mg Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg, Catechin: 9.76mg Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg, Epicatechin: 13.52mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg, Apigenin: 0.5mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 8.36mg, Kaempferol: 8.36mg, Kaempferol: 8.36mg, Kaempferol: 8.36mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 412.12kcal (20.61%), Fat: 17.07g (26.26%), Saturated Fat: 6.73g (42.07%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 14.78g (5.37%), Sugar: 7.38g (8.2%), Cholesterol: 109.42mg (36.47%), Sodium: 302.04mg (13.13%), Alcohol: 13.31g (100%), Alcohol %: 4.28% (100%), Protein: 25.14g (50.28%), Vitamin B12: 14.72µg (245.36%), Vitamin A: 4677.2IU (93.54%), Vitamin C: 37.81mg (45.83%), Vitamin B6: 0.9mg (45.12%), Vitamin B1: 0.54mg (36.32%), Vitamin K: 37.24µg (35.47%), Selenium: 24.44µg (34.91%), Iron: 6.15mg (34.17%), Phosphorus: 273.92mg (27.39%), Vitamin B2: 0.45mg (26.19%), Vitamin B3: 4.45mg (22.25%), Copper: 0.43mg (21.6%), Potassium: 697.47mg (19.93%), Folate: 60.31µg (15.08%), Manganese: 0.3mg (14.98%), Magnesium: 53.25mg (13.31%), Vitamin B5: 1.33mg (13.3%), Calcium: 93.97mg (9.4%), Fiber: 2.2g (8.81%), Zinc: 1.2mg (8.03%), Vitamin E: 1.17mg (7.81%), Vitamin D: 0.32µg (2.12%)