



Wild Duck Breast à l'Orange

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 duck breast meat – skin left on wild whole skinless cut in half and
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 small cranberry–orange relish peeled cut into 1/2–inch pieces
- ☐ 1 medium apples cut into 1/2–inch pieces
- ☐ 1 medium onion cut into eighths
- ☐ 6 ounces orange juice concentrate frozen thawed canned

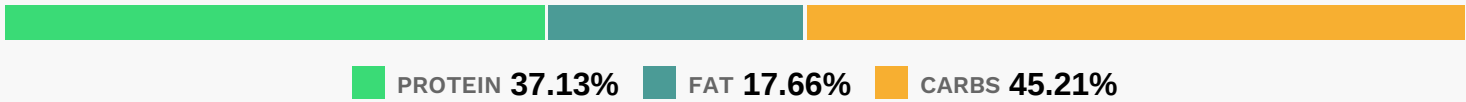
Equipment

☐ slow cooker

Directions

- ☐ Sprinkle duck with salt and pepper.
- ☐ Layer duck, oranges, apple and onion in 3 1/2- to 6-quart slow cooker.
- ☐ Pour orange juice concentrate over top.
- ☐ Cover and cook on low heat setting 8 to 10 hours or until duck is tender.
- ☐ Remove duck from cooker. Discard fruit and onion mixture.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:4.16, Inflammation Score:-7, Nutrition Score:23.758695939313%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg, Hesperetin: 13.08mg Naringenin: 7.35mg, Naringenin: 7.35mg, Naringenin: 7.35mg, Naringenin: 7.35mg 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: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 259.46kcal (12.97%), Fat: 5.13g (7.9%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 29.56g (9.85%), Net Carbohydrates: 26.39g (9.6%), Sugar: 23.02g (25.57%), Cholesterol: 87.01mg (29%), Sodium: 359.65mg (15.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.28g (48.56%), Vitamin B12: 14.69µg (244.83%), Vitamin C: 98.33mg (119.19%), Vitamin B6: 0.87mg (43.47%), Vitamin B1: 0.63mg (42.08%), Selenium: 23.15µg (33.08%), Iron: 5.4mg (30%), Vitamin B2: 0.45mg (26.59%), Phosphorus: 256.02mg (25.6%), Vitamin B3: 4.52mg (22.58%), Potassium: 747.75mg (21.36%), Copper: 0.41mg (20.53%), Folate: 60.53µg (15.13%), Vitamin B5: 1.33mg (13.25%), Fiber: 3.17g (12.67%), Magnesium: 49.79mg (12.45%), Vitamin A: 354.86IU (7.1%), Zinc: 0.96mg (6.4%), Manganese:

0.1mg (5.03%), Calcium: 48.54mg (4.85%), Vitamin E: 0.43mg (2.87%), Vitamin K: 1.49µg (1.41%)