

Duck Breasts a l'Orange

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-recipe-duck-breasts>

Ingredients:

- 1 tablespoon grated orange zest
- 4 oranges large naval
- 1/4 cup granulated sugar
- 2 tablespoons water
- 2 tablespoons dry vermouth
- 1 tablespoon apple cider vinegar
- 1 1/3 cups fresh orange juice preferably one without added sugar
- 2 shallots large, peeled and finely minced
- 1 1/2 cups low salt chicken broth
- 2 pounds boneless duck breasts
- 2 tablespoons butter
- 2 tablespoons duck fat from rendering and crisping the skin
- dried parsley optional
- chopped parsley optional

Nutrition:

1. Calories: 650 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 195 milligrams
4. Fat: 22 grams
5. Fiber: 9 grams
6. Protein: 52 grams
7. SaturatedFat: 8 grams
8. Sodium: 260 milligrams
9. Sugar: 19 grams

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