



Blood Orange and Duck Confit Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 blood oranges divided juiced
- ☐ 1 teaspoon dijon mustard
- ☐ 5 ounces duck confit leg shredded ()
- ☐ 0.3 cup skinned hazelnuts toasted chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 6 cups winter salad greens mixed (such as romaine, escarole, and spinach)
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon sherry vinegar

Equipment

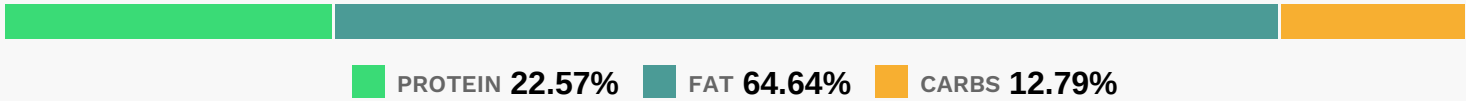
☐ bowl

☐ whisk

Directions

- ☐ In a small bowl, combine vinegar, orange juice, mustard, and oil, whisking well.
- ☐ Whisk in salt and pepper.
- ☐ In a large bowl, combine shredded duck, salad greens, hazelnuts, and orange sections.
- ☐ Drizzle with vinaigrette; serve.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:0.62, Inflammation Score:-6, Nutrition Score:7.2191303916599%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg, Hesperetin: 3.54mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 148.6kcal (7.43%), Fat: 10.95g (16.85%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 3.75g (1.36%), Sugar: 1.56g (1.73%), Cholesterol: 27.87mg (9.29%), Sodium: 201.98mg (8.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.21%), Manganese: 0.58mg (28.89%), Vitamin C: 21.7mg (26.3%), Vitamin A: 713.92IU (14.28%), Vitamin E: 1.66mg (11.05%), Vitamin B3: 1.92mg (9.6%), Selenium: 6.25µg (8.92%), Folate: 34.68µg (8.67%), Copper: 0.17mg (8.4%), Iron: 1.32mg (7.34%), Vitamin B1: 0.08mg (5.34%),

Magnesium: 21.09mg (5.27%), Potassium: 182.79mg (5.22%), Vitamin B6: 0.1mg (4.96%), Phosphorus: 48.82mg (4.88%), Fiber: 1.12g (4.5%), Vitamin K: 3.4µg (3.23%), Vitamin B2: 0.04mg (2.63%), Calcium: 25.69mg (2.57%), Zinc: 0.33mg (2.2%), Vitamin B5: 0.18mg (1.79%)