



## Cherries Jubilee Duck Confit

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



372 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

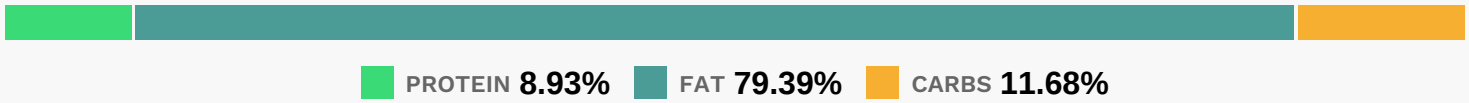
- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 cup macerated cherries
- ☐ 1.3 pounds duck smoked chopped
- ☐ 10 servings kosher salt
- ☐ 4 tablespoons olive oil divided
- ☐ 0.3 cup onion diced
- ☐ 10 wonton cups

### Equipment

# Directions

- ☐
- Saute onion in 2 tablespoons olive oil until caramelized. Refrigerate onion until cool.
- ☐
- Drain macerated cherries reserving liquid.
- ☐
- Mix 2 ounces cherry liquid, remaining olive oil, salt and pepper.
- ☐
- Mix in the smoked duck and caramelized onion. Fill each wonton cup with duck mixture.
- ☐
- Garnish with whole cherries.

# Nutrition Facts



# Properties

Glycemic Index:8.1, Glycemic Load:0.31, Inflammation Score:-2, Nutrition Score:6.1113043919854%

# Flavonoids

Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg, Cyanidin: 2.08mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

# Nutrients (% of daily need)

Calories: 372.32kcal (18.62%), Fat: 33.11g (50.94%), Saturated Fat: 10.09g (63.08%), Carbohydrates: 10.96g (3.65%), Net Carbohydrates: 10.11g (3.68%), Sugar: 9.08g (10.09%), Cholesterol: 44.11mg (14.7%), Sodium: 290.49mg (12.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.75%), Vitamin B3: 3.01mg (15.05%), Phosphorus: 108.95mg (10.89%), Selenium: 7.29µg (10.42%), Vitamin B1: 0.14mg (9.51%), Iron: 1.64mg (9.12%), Copper: 0.18mg (9.09%), Vitamin B2: 0.14mg (8.31%), Vitamin E: 1.24mg (8.24%), Vitamin K: 7.15µg (6.81%), Zinc: 1mg (6.68%), Vitamin B6: 0.13mg (6.66%), Vitamin B5: 0.66mg (6.65%), Potassium: 199.39mg (5.7%), Magnesium: 20.38mg (5.09%), Folate: 16.92µg (4.23%), Fiber: 0.85g (3.4%), Vitamin B12: 0.19µg (3.1%), Vitamin C: 2.42mg (2.93%), Vitamin D: 0.4µg (2.65%), Vitamin A: 109.82IU (2.2%), Calcium: 21.93mg (2.19%), Manganese: 0.03mg (1.64%)