



Crispy Duck Salad with Bitter Orange Vinaigrette

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 sack baby greens mixed
- ☐ 1.5 pounds d duck breast -- ask at your meat counter -- if the market does not carry duck breast year round for you canned
- ☐ 1 head frissee greens -- look for very lightly colored frissee
- ☐ 0.5 cup olive oil -- eyeball it extra-virgin
- ☐ 2 tablespoons orange marmalade
- ☐ 3 tablespoons red wine vinegar
- ☐ 4 servings salt and pepper

- ☐ 3 scallions thinly sliced
- ☐ 1 shallots finely chopped

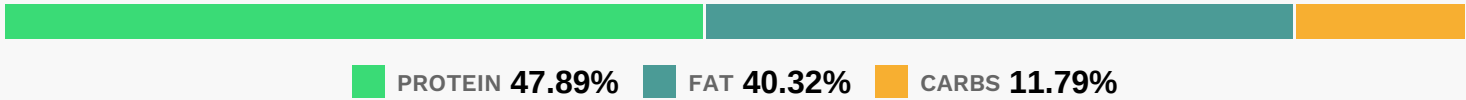
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ stove

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Score fat and skin on duck breasts.
- ☐ Place duck breast skin side down in a large cold skillet with a heat safe handle. Put skillet on stove and turn burner on to moderate heat. Cook breasts 5 to 8 minutes, turning once the skin crisps and most of the fat is rendered.
- ☐ Place the skillet in the oven and cook another 9 to 12 minutes. Meat should be pink at center.
- ☐ Arrange greens on individual plates or 1 large platter. Arrange frissee and scallions on bed of baby greens.
- ☐ Combine shallots, vinegar and marmalade.
- ☐ Let stand 10 minutes.
- ☐ Whisk in extra-virgin olive oil.
- ☐ Slice duck breast and serve 6 to 8 ounces per person, arranging the sliced duck on the salad. Grilled or sauteed chicken or pork is delicious with this dressing as well.
- ☐ Pour dressing evenly over duck and salad.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:22.397826106652%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 291.15kcal (14.56%), Fat: 12.74g (19.6%), Saturated Fat: 2.96g (18.5%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.88g (2.87%), Sugar: 6.7g (7.45%), Cholesterol: 130.97mg (43.66%), Sodium: 299.67mg (13.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.04g (68.08%), Vitamin B12: 22.11µg (368.54%), Vitamin B6: 1.05mg (52.5%), Selenium: 34.21µg (48.87%), Vitamin B1: 0.69mg (45.98%), Iron: 7.96mg (44.24%), Phosphorus: 324.96mg (32.5%), Vitamin B2: 0.52mg (30.68%), Vitamin B3: 5.85mg (29.26%), Copper: 0.53mg (26.69%), Vitamin K: 21.93µg (20.89%), Vitamin C: 13.39mg (16.23%), Potassium: 510.62mg (14.59%), Vitamin B5: 1.39mg (13.88%), Magnesium: 41.24mg (10.31%), Zinc: 1.26mg (8.4%), Vitamin E: 0.84mg (5.57%), Folate: 19.18µg (4.79%), Vitamin A: 192.01IU (3.84%), Manganese: 0.04mg (2.05%), Fiber: 0.5g (2.02%), Calcium: 18.61mg (1.86%)