



Crispy Shredded Duck and Noodle Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 18 small basil leaves italian
- ☐ 6 large boston lettuce leaves
- ☐ 6 servings accompaniment: chile dipping sauce and/or nuoc cham sweet
- ☐ 1 piece piece cucumber seedless peeled () (usually plastic-wrapped)
- ☐ 12 ounce confit duck legs bone in with skin attached) removed from large pieces
- ☐ 24 cilantro leaves fresh
- ☐ 24 mint leaves fresh
- ☐ 1 medium nectarines pitted halved lengthwise

- ☐ 2 ounces rice-stick noodles dried (rice vermicelli)
- ☐ 1.5 tablespoons rice vinegar (not seasoned)
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots separated thinly sliced
- ☐ 1.5 teaspoons sugar
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ pot
- ☐ slotted spoon
- ☐ tongs
- ☐ colander
- ☐ cutting board

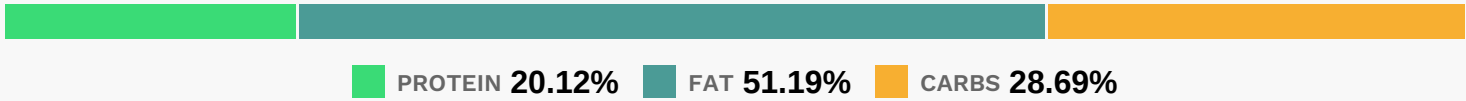
Directions

- ☐ Cook noodles in a 4-quart pot of boiling salted water until just tender, 2 to 3 minutes.
- ☐ Drain in a colander, then rinse under cold water and drain well. Stir together vinegar, sugar, and salt in a bowl until sugar is dissolved, then add noodles and toss well.
- ☐ Heat 1 tablespoon oil in a 10- to 12-inch heavy skillet over moderately high heat until hot but not smoking, then sauté duck pieces, starting with skin sides down and turning occasionally, until skin and meat are crisp, 3 to 5 minutes.
- ☐ Transfer with tongs to a cutting board. (Do not clean skillet.)
- ☐ When duck is cool enough to handle, remove crisp skin from meat and thinly slice skin.
- ☐ Remove and discard any excess fat from meat, then shred meat into 1/4-inch-wide pieces.
- ☐ Heat remaining 1/4 cup oil in skillet over moderately high heat until hot but not smoking, then fry shallot, stirring occasionally, until golden brown, about 2 minutes (watch closely, as shallot

can burn easily). Quickly transfer with a slotted spoon to paper towels to drain.

- ☐ Working around core of cucumber, cut thin lengthwise slices (about 1/8 inch thick) with slicer, then stack slices. Halve stack crosswise, then cut slices lengthwise into 1/4-inch-wide matchsticks.
- ☐ Cut each peach half lengthwise into 1/8-inch-thick wedges with slicer or a sharp knife.
- ☐ Put 1 lettuce leaf on each of 6 plates, then divide noodles among leaves and top with duck (meat and skin), cucumber, peach, shallot, and herbs. To eat, roll lettuce leaf into a cylinder to enclose filling.

Nutrition Facts



Properties

Glycemic Index:58.85, Glycemic Load:6.52, Inflammation Score:-7, Nutrition Score:9.8086956480275%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 243.02kcal (12.15%), Fat: 13.85g (21.31%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 15.36g (5.59%), Sugar: 5.82g (6.46%), Cholesterol: 44.6mg (14.87%), Sodium: 414.24mg (18.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.26g (24.51%), Vitamin K: 70.61µg (67.25%), Vitamin A: 1401.46IU (28.03%), Selenium: 10.46µg (14.94%), Vitamin B3: 2.84mg (14.2%), Manganese: 0.26mg (13.1%), Iron: 1.82mg (10.12%), Vitamin C: 7.93mg (9.61%), Fiber: 2.11g (8.43%), Folate: 30.96µg (7.74%), Vitamin E: 1.14mg (7.63%), Potassium: 255.04mg (7.29%), Phosphorus: 53.04mg (5.3%), Vitamin B6: 0.1mg (5.2%), Magnesium: 20.56mg (5.14%), Copper: 0.1mg (4.87%), Calcium: 41.71mg (4.17%), Vitamin B2: 0.06mg (3.6%), Vitamin B1: 0.05mg (3.33%), Vitamin B5: 0.3mg (3%), Zinc: 0.4mg (2.65%)