



Duck and Potato Crepinettes with Wilted Greens and Balsamic Syrup



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1890 kcal

SIDE DISH

Ingredients

- ☐ 32 ounce balsamic vinegar
- ☐ 1 teaspoon cinnamon
- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 pound caul fat available at specialty butcher shops
- ☐ 2 cloves garlic thinly sliced
- ☐ 2 cups kale chiffonade
- ☐ 4 tablespoons olive oil extra-virgin

- ☐ 0.5 pound pancetta
- ☐ 1 tablespoon salt
- ☐ 4 servings salt and pepper
- ☐ 2 large yukon gold potatoes peeled cut into 1/4-inch dice
- ☐ 1 pound magret with duck fat

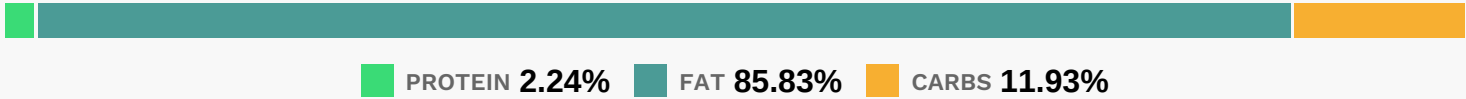
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ grill
- ☐ broiler
- ☐ meat grinder

Directions

- ☐ Preheat the grill or broiler.
- ☐ Cut the duck meat and pancetta into 1/4-inch cubes. Run the meat through a meat grinder.
- ☐ Place the potatoes in a pan, cover with cool water and place over medium-high heat. Cook until just tender, then refresh in cool water and set aside.
- ☐ In a large mixing bowl, combine the ground meat and the potatoes with the cinnamon, cumin, and salt.
- ☐ Mix very well, then divide the mixture into 8 equal oval patties, about 1/2-inch thick. Wrap each patty in caul fat.
- ☐ Place the patties under the broiler or on the grill and cook through, about 4 to 5 minutes per side. Set aside.
- ☐ In a large 12 to 14-inch saute pan, heat the olive oil until just smoking.
- ☐ Add the garlic and saute until very light brown, about 2 minutes. Toss in the kale and saute, stirring quickly, about 2 to 3 minutes, until just wilted but not too soft.
- ☐ Remove from the heat and season with salt and pepper.
- ☐ Divide the mixture evenly among 4 plates, place 2 crepinettes over each portion and serve with balsamic syrup drizzled over.

Nutrition Facts



Properties

Glycemic Index:51.44, Glycemic Load:30.35, Inflammation Score:-9, Nutrition Score:18.374782582988%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 1890.13kcal (94.51%), Fat: 178.38g (274.43%), Saturated Fat: 58.28g (364.27%), Carbohydrates: 55.78g (18.59%), Net Carbohydrates: 53.13g (19.32%), Sugar: 34.69g (38.54%), Cholesterol: 177.75mg (59.25%), Sodium: 2377.5mg (103.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.49g (20.99%), Vitamin K: 51.2µg (48.76%), Vitamin D: 6.38µg (42.52%), Vitamin E: 5.6mg (37.33%), Vitamin C: 27.08mg (32.82%), Manganese: 0.64mg (31.83%), Potassium: 778.32mg (22.24%), Vitamin B6: 0.44mg (21.93%), Vitamin A: 1079.59IU (21.59%), Phosphorus: 184.07mg (18.41%), Iron: 3.19mg (17.72%), Selenium: 12.29µg (17.56%), Vitamin B3: 3.34mg (16.7%), Vitamin B1: 0.24mg (16.17%), Magnesium: 59.59mg (14.9%), Calcium: 114.66mg (11.47%), Fiber: 2.65g (10.6%), Copper: 0.19mg (9.61%), Zinc: 1.22mg (8.16%), Vitamin B2: 0.11mg (6.65%), Vitamin B5: 0.59mg (5.87%), Folate: 20.24µg (5.06%), Vitamin B12: 0.28µg (4.72%)