



HEALTH SCORE

53%

Duck and Wild Rice Salad



Gluten Free

READY IN

**300 min.**

SERVINGS

**6**

CALORIES

**755 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup apricot dried cut into 1/4-inch strips (preferably California; 5 oz)
- ☐ 0.5 teaspoon pepper black
- ☐ 3 cups chicken broth
- ☐ 28 ounces duck breast meat – skin left on boneless with skin*
- ☐ 1 teaspoon honey
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 large onion finely chopped
- ☐ 0.7 cup orange juice fresh

- ☐ 1 orange zest finely grated
- ☐ 4.5 ounces pecans toasted chopped
- ☐ 1 teaspoon salt
- ☐ 6 spring onion thinly sliced
- ☐ 0.3 cup shallots finely chopped
- ☐ 10 ounces sugar snap peas trimmed halved
- ☐ 3 tablespoons butter unsalted
- ☐ 4 cups water
- ☐ 10 ounces rice wild

Equipment

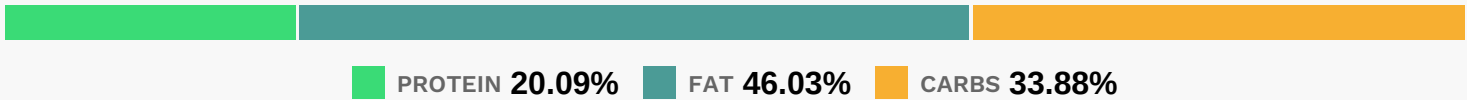
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon
- ☐ colander
- ☐ cutting board

Directions

- ☐ Whisk together all dressing ingredients in a large bowl and let stand at room temperature while making salad.
- ☐ Rinse rice well in a large sieve under cold water, then drain.

- ☐ Heat butter in a 4- to 5-quart heavy pot over moderate heat until foam subsides, then cook onion, stirring occasionally, until golden, about 5 minutes.
- ☐ Add rice and cook, stirring, until fragrant, about 3 minutes. Stir in water and broth and bring to a boil, then reduce heat and simmer, covered, until rice is tender, 1 to 1 1/4 hours. (Grains will split open but not all liquid will be absorbed.)
- ☐ Drain well in a colander and cool to warm before adding to dressing. (
- ☐ Spread rice out in a shallow baking pan to cool faster.)
- ☐ Preheat oven to 375°F.
- ☐ Cook sugar snaps in a 4-quart pot of boiling salted water until crisp-tender, about 2 minutes.
- ☐ Drain in a sieve and rinse under cold water to stop cooking, then drain well.
- ☐ Pat duck dry and season with salt and pepper. Score skin in a crosshatch pattern and place duck, skin sides up, in a lightly oiled shallow (1-inch-deep) baking pan. Roast in middle of oven until an instant-read thermometer inserted horizontally into center registers 120°F (for medium-rare), about 25 minutes. Leave oven on.
- ☐ Transfer duck to a cutting board and when just cool enough to handle, remove skin. Thinly slice skin (scored side down), keeping duck breast warm, loosely covered with foil.
- ☐ Bake skin in baking pan in middle of oven until very crisp, about 15 to 20 minutes, then transfer with a slotted spoon to paper towels to drain.
- ☐ Cut duck breast halves in half horizontally (butterfly-style), then cut across the grain into thin slices.
- ☐ Add duck and any juices to dressing along with rice, sugar snaps, scallions, apricots, pecans, and salt and toss gently to combine.
- ☐ Just before serving, scatter crisp duck skin on top.
- ☐ * Available at D'Artagnan (800-327-824
- ☐ and Hudson Valley Foie Gras (877-289-3643).

Nutrition Facts



Properties

Glycemic Index:54.11, Glycemic Load:25.49, Inflammation Score:-9, Nutrition Score:43.45391274276%

Flavonoids

Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg Delphinidin: 1.55mg, Delphinidin: 1.55mg, Delphinidin: 1.55mg, Delphinidin: 1.55mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg 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: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg, Quercetin: 6.43mg

Nutrients (% of daily need)

Calories: 755.32kcal (37.77%), Fat: 39.76g (61.17%), Saturated Fat: 8.42g (52.64%), Carbohydrates: 65.85g (21.95%), Net Carbohydrates: 56.6g (20.58%), Sugar: 21.64g (24.05%), Cholesterol: 119.27mg (39.76%), Sodium: 920.09mg (40%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.04g (78.08%), Vitamin B12: 17.23µg (287.24%), Manganese: 1.92mg (96.11%), Vitamin C: 58.66mg (71.11%), Vitamin B6: 1.23mg (61.4%), Vitamin B1: 0.88mg (58.42%), Phosphorus: 581.36mg (58.14%), Copper: 1.1mg (55.17%), Iron: 9.61mg (53.39%), Vitamin B3: 9.28mg (46.41%), Vitamin K: 47.19µg (44.94%), Selenium: 30.36µg (43.37%), Magnesium: 171.08mg (42.77%), Vitamin B2: 0.7mg (41.39%), Fiber: 9.25g (37%), Vitamin A: 1747.84IU (34.96%), Zinc: 5.19mg (34.59%), Potassium: 1188.04mg (33.94%), Folate: 105.54µg (26.39%), Vitamin E: 3.84mg (25.59%), Vitamin B5: 2.38mg (23.77%), Calcium: 98.79mg (9.88%)