



Duck Salad with Cheese Toasts and Port-Current Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 fruit and nut granola toasted (such as walnut-raisin)
- ☐ 12 ounce duck breast meat – skin left on boneless
- ☐ 6 cups the salad mixed
- ☐ 3 tablespoons walnut oil
- ☐ 4 servings port wine
- ☐ 1.5 tablespoons sherry vinegar
- ☐ 0.5 cup walnuts toasted chopped

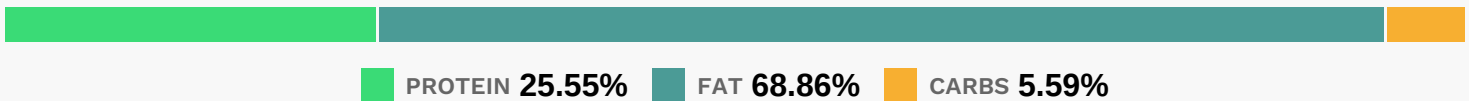
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat heavy large skillet over medium-high heat.
- ☐ Sprinkle duck breast halves with salt and pepper.
- ☐ Add duck, skin side down, to skillet and cook to desired doneness, about 6 minutes per side for medium.
- ☐ Remove duck from heat and let stand 5 minutes. Meanwhile, place 1 cheese slice on each toasted bread piece.
- ☐ Whisk oil and vinegar in large bowl to blend. Season dressing with salt and pepper.
- ☐ Add greens; toss to coat. Divide greens among 4 plates.
- ☐ Place 2 cheese toasts in center of greens on each.
- ☐ Sprinkle walnuts on top. Thinly slice duck breasts crosswise; divide equally among salads, fanning slightly.
- ☐ Drizzle warm Port-Currant Sauce around salads and serve.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.2, Inflammation Score:-6, Nutrition Score:18.544782599677%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.95mg, Malvidin: 0.95mg, Malvidin: 0.95mg, Malvidin: 0.95mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Quercetin: 0.02mg,

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Nutrients (% of daily need)

Calories: 306.37kcal (15.32%), Fat: 23.74g (36.52%), Saturated Fat: 2.96g (18.52%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 3.35g (1.22%), Sugar: 0.46g (0.51%), Cholesterol: 65.49mg (21.83%), Sodium: 64.91mg (2.82%), Alcohol: 0.15g (100%), Alcohol %: 0.11% (100%), Protein: 19.82g (39.64%), Vitamin B12: 11.06µg (184.27%), Vitamin B6: 0.64mg (31.84%), Manganese: 0.59mg (29.56%), Vitamin C: 23.01mg (27.89%), Vitamin B1: 0.41mg (27.22%), Copper: 0.52mg (25.93%), Iron: 4.66mg (25.9%), Selenium: 17.97µg (25.67%), Phosphorus: 232.93mg (23.29%), Vitamin B2: 0.31mg (18.19%), Vitamin B3: 3.4mg (16.98%), Vitamin A: 729.6IU (14.59%), Magnesium: 48.73mg (12.18%), Potassium: 398.74mg (11.39%), Folate: 41.64µg (10.41%), Vitamin B5: 0.84mg (8.36%), Zinc: 1.18mg (7.84%), Fiber: 0.98g (3.92%), Calcium: 25.3mg (2.53%), Vitamin K: 1.97µg (1.88%)