



Duck Salad with Wild Rice, Pecans, Grapes, and Orange Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



169 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup rice wild cooked uncooked
- ☐ 1 cup grapes green seedless halved
- ☐ 1 cup green onions sliced
- ☐ 7 leaf lettuce leaves red
- ☐ 1 cup orange juice fresh
- ☐ 1 tablespoon orange rind grated
- ☐ 0.3 cup pecans toasted chopped

- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sherry vinegar
- ☐ 16 ounce skinned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add duck; cook 2 minutes on each side or until lightly browned.
- ☐ Place duck in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 450 for 20 minutes or until done.
- ☐ Let cool.
- ☐ Cut into 1/4-inch-wide strips.
- ☐ Combine duck, rice, green onions, grape halves, and pecans in a large bowl. Toss well; set aside.
- ☐ Combine orange rind and next 4 ingredients (orange rind through pepper) in a small bowl; stir well.
- ☐ Pour over duck mixture; toss well.
- ☐ Serve salad on 7 lettuce-lined plates.
- ☐ Serve at room temperature.
- ☐ Note: Have your butcher bone the ducks for you.

Nutrition Facts



 **PROTEIN 34.99%**  **FAT 30.85%**  **CARBS 34.16%**

Properties

Glycemic Index:24.57, Glycemic Load:3.82, Inflammation Score:-5, Nutrition Score:16.817391286726%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 4.23mg, Hesperetin: 4.23mg, Hesperetin: 4.23mg, Hesperetin: 4.23mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 168.88kcal (8.44%), Fat: 5.81g (8.93%), Saturated Fat: 1.12g (7%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 12.93g (4.7%), Sugar: 6.98g (7.76%), Cholesterol: 49.9mg (16.63%), Sodium: 124.96mg (5.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.64%), Vitamin B12: 8.42µg (140.4%), Vitamin K: 34.47µg (32.83%), Vitamin C: 26.41mg (32.01%), Vitamin B6: 0.47mg (23.63%), Vitamin B1: 0.35mg (23.56%), Iron: 3.59mg (19.94%), Selenium: 13.46µg (19.23%), Phosphorus: 167.57mg (16.76%), Copper: 0.33mg (16.35%), Vitamin B2: 0.26mg (15.21%), Manganese: 0.3mg (14.82%), Vitamin B3: 2.82mg (14.09%), Potassium: 373.39mg (10.67%), Magnesium: 35.55mg (8.89%), Folate: 31.66µg (7.92%), Zinc: 1.04mg (6.94%), Vitamin A: 343.46IU (6.87%), Vitamin B5: 0.68mg (6.83%), Fiber: 1.54g (6.16%), Calcium: 24.31mg (2.43%), Vitamin E: 0.25mg (1.66%)