



HEALTH SCORE

70%

Foie Gras Toasts with Greens and Verjus Port Glaze



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



12

CALORIES



125 kcal

Ingredients

- ☐ 3 cups belgian endives trimmed (3 or 4)
- ☐ 0.3 teaspoon pepper black
- ☐ 1 lb foie gras terrine chilled
- ☐ 6 cups frisée (pale leafy parts only)
- ☐ 0.7 juice of lemon white (juice of unripe fruits, primarily grapes)
- ☐ 12 servings kosher salt to taste
- ☐ 0.5 cup tawny port
- ☐ 3 cups radicchio thinly halved lengthwise

- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons sherry vinegar
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons walnut oil pure
- ☐ 6 inch sandwich bread white firm

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

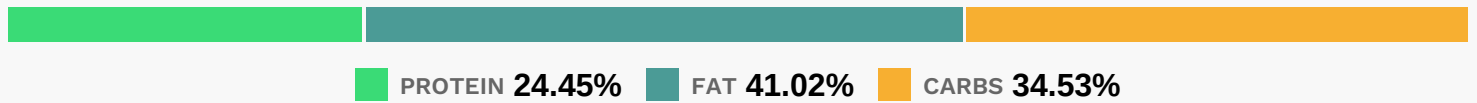
Directions

- ☐ Bring verjus, Port, and sugar to a boil in a 1-quart heavy saucepan, stirring until sugar is dissolved, then boil until syrupy and reduced to about 1/3 cup, 8 to 12 minutes.
- ☐ Whisk together vinegar, salt, and pepper in a bowl, then add walnut oil in a slow stream, whisking.
- ☐ Just before serving, toss frisée, endives, and radicchio in a bowl with just enough vinaigrette to coat.
- ☐ Put oven rack in upper third of oven and preheat oven to 400°F.
- ☐ Toast bread slices on a baking sheet, turning over once, until pale golden, about 8 minutes.
- ☐ Cut foie gras terrine into 12 slices (about 1/4 inch thick) and put 1 on each toast (trim toasts to size of foie gras if desired).
- ☐ Sprinkle lightly with fleur de sel, then halve toasts diagonally.
- ☐ Let toasts stand, loosely covered with plastic wrap, 5 to 10 minutes, to bring foie gras to room temperature.
- ☐ Put 1 foie gras toast on each of 12 plates and drizzle with Port glaze, then divide salad among plates.



· Glaze and vinaigrette can be made 4 hours ahead and kept separately, covered, at room temperature.· Foie gras toasts can be prepared 1 hour ahead and kept, covered with plastic wrap, at room temperature.

Nutrition Facts



Properties

Glycemic Index:14.74, Glycemic Load:2.54, Inflammation Score:-10, Nutrition Score:32.599130153656%

Flavonoids

Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 1.16mg, Delphinidin: 1.16mg, Delphinidin: 1.16mg, Delphinidin: 1.16mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 4.32mg, Luteolin: 4.32mg, Luteolin: 4.32mg, Luteolin: 4.32mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 124.89kcal (6.24%), Fat: 5.3g (8.16%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 10.04g (3.35%), Net Carbohydrates: 8.21g (2.99%), Sugar: 4.12g (4.57%), Cholesterol: 194.67mg (64.89%), Sodium: 364.67mg (15.86%), Alcohol: 1.53g (100%), Alcohol %: 1.65% (100%), Protein: 7.11g (14.22%), Vitamin B12: 20.41µg (340.19%), Vitamin A: 13155.86IU (263.12%), Copper: 2.97mg (148.51%), Vitamin K: 100.5µg (95.71%), Folate: 322.53µg (80.63%), Iron: 11.96mg (66.45%), Selenium: 26.32µg (37.6%), Vitamin B5: 2.7mg (27%), Vitamin B2: 0.38mg (22.16%), Vitamin B1: 0.25mg (16.78%), Vitamin B6: 0.33mg (16.54%), Vitamin B3: 2.73mg (13.64%), Phosphorus: 122.94mg (12.29%), Vitamin C: 9.79mg (11.86%), Zinc: 1.38mg (9.23%), Manganese: 0.17mg (8.51%), Potassium: 283.42mg (8.1%), Fiber: 1.83g (7.33%), Vitamin E: 0.81mg (5.4%), Magnesium: 21.62mg (5.4%), Calcium: 51.52mg (5.15%)